



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

eliminating racism  
empowering women  
**ywca**

# Large Pool Schedule

Effective \*6/15/2020

There is always 3 lap lanes open

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-2:00p Lap Swim	5:00am-2:00pm Lap Swim	5:00am-2:00pm Lap Swim	5:00am-2:00pm Lap Swim	5:00am-2:00pm Lap Swim	7:00am-1:30pm Lap Swim	
8:30-9:15am Water Aero. Tracy	8:30-9:15am Deep Water Aero. Linda	8:30-9:15am Water Aero. Tracy	8:30-9:15am Deep Water Aero. Linda		8:30-9:15am Water Bootcamp Michelle	
	5:00am-2:00pm Lap Swim		5:00am-2:00pm Lap Swim		9:30-11:30am Swim Lessons	
3:30pm-6:00pm Swim Lessons	3:30-6:30pm Swim Lessons	5:30-6:30pm Swim Lessons	3:30-6:30pm Swim Lessons			
4:00-7:00pm Lap Swim		4:00-7:00pm Lap Swim		4:00-6:30pm Lap Swim		
6:00-6:45pm Water Bootcamp Michelle (LP)	4:00-7:00pm Lap Swim	6:00-6:45pm Water Bootcamp Michelle (LP)	4:00-7:00pm Lap Swim			



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# Small Pool Schedule

Effective \*06/15/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-11:00am Water Walking	8:00-1:00pm Water Walking	8:00-11:00am Water Walking	8:00-1:00pm Water Walking	8:00-11:00am Water Walking	8:30-11:30am Swim Lessons	
11:00-11:45am Water Aerobics Cathy	11:00-11:45am Water Aerobics Cathy	11:00-11:45am Aqua Toning Cathy	11:00-11:45am Water Aerobics Cathy	11:00-11:45am Aqua Toning Cathy		
11:45-1:00pm Water Walking	8:00-1:00pm Water Walking	11:45-1:00pm Water Walking	8:00-1:00pm Water Walking	11:45-1:00pm Water Walking		
3:45-6:45pm Swim Lessons	3:45-6:45pm Swim Lessons	3:45-6:45pm Swim Lessons	3:45-6:45pm Swim Lessons			