



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca

Large Pool Schedule

Effective *8/19/2020

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		4:00-6:45pm Lap Swim		
6:00-6:45pm Water Bootcamp Michelle (LP)	4:00-7:45pm Lap Swim	6:00-6:45pm Water Bootcamp Michelle (LP)	4:00-7:45pm Lap Swim			
4:00-7:45pm Lap Swim		4:00-7:45pm Lap Swim				



eliminating racism
empowering women
ywca

Small Pool Schedule

Effective *08/19/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am Water Aerobics Claire	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	
11:00-12:00pm Water Aerobics Cathy	11:00-12:00pm Water Aerobics Cathy	11:00-12:00pm Aqua Toning Cathy	11:00-12:00pm Water Aerobics Cathy	11:00-12:00pm Aqua Toning Cathy		
12:00pm-1:00pm Water Walking	12:00pm-1:00pm Water Walking	12:00pm-1:00pm Water Walking	12:00pm-1:00pm Water Walking	12:00pm-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			