



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca

Large Pool Schedule

Effective *01/12/2021

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 Aero. Tracy	8:30-9:15am Water Bootcamp Michelle	8:00a-1:45p Lap Swim
3:30pm-6:00pm Swim Lessons	3:30pm-6:00pm Swim Lessons	5:30pm-6:30pm Swim Lessons	3:30pm-6:30pm Swim Lessons			
5:15-6:00pm Water Bootcamp Michelle (LP)	6-9pm Swim Team	6:00-6:45pm Water Bootcamp Michelle (LP)	6-9pm Swim Team			
6-9pm Swim Team		7:00-9:00pm Swim Team				



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Small Pool Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am-9:00am Water Aerobics Claire	8:00am-1:00pm Water Walking	8:00am-9:00am Water Aerobics Claire	8:00am-1:00pm Water Walking	8:00am-11:00am Water Walking		8:00am-1:45pm Water Walking
9:00am-11:00am Water Walking		9:00am-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	11:30am-1:45pm Water Walking	
7:00-8:45pm Water Walking	7:00-8:45pm Water Walking	7:00-8:45pm Water Walking	7:00-8:45pm Water Walking			