



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca

Large Pool Schedule

Effective November 2021

*There are always 3 lap lanes open & 30 minutes per lap lane

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-2:00pm 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	6:00am-10:00am 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	8:00-11:00am Lap Swim
9:15am-2:00pm Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane	9:15am-2:00 pm Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane	9:15am-2:00pm Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane	9:15am-2:00pm Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane	9:15am-2:00pm Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane	10:00-3:45om Open Swim	11:00-1:45pm Open Swim
2:00-4:00 pm Open Swim	2:00-4:00 pm Open Swim	2:00-4:00 pm Open Swim	2:00-4:00 pm Open Swim	2:00-6:45pm Open Swim		
4:00pm-6:00pm Swim Lessons *3 lap lanes will always be open	4:00pm-6:00pm Swim Lessons *3 lap lanes will always be open	4:00pm-6:00pm Swim Lessons *3 lap lanes will always be open	4:00-6:00pm Swim Lessons *3 lap lanes will always be open			
5:15-6:00pm Water Bootcamp Michelle	6:00- 9:00 PM	5:15-6:00pm Water Bootcamp Michelle	6:00- 9:00 PM			
6:00- 9:00 PM CLOSED, reserved for Swim Team	CLOSED, reserved for Swim Team	7:00- 9:00 PM CLOSED, reserved for Swim Team	CLOSED, reserved for Swim Team			



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Small Pool Schedule

Effective November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am-9:00am Water Aerobics Claire	8:00am-11:00am Water Walking	8:00am-9:00am Water Aerobics Claire	8:00am-11:00am Water Walking	8:00-9:00am Water Exercise Class 9:00-11:00am Water Walking	6:00am-8:30am Water Walking	
9:00am-11:00am Water Walking		9:00am-11:00am Water Walking			8:00am-12:00pm Swim Lessons (small pool closed to the public during lessons)	8:00am-11:00am Water Walking
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	12:30-3:45pm Open Swim	11:00-1:45pm Open Swim
12:00-2:00pm Water Walking	12:00-2:00pm Water Walking	12:00-2:00pm Water Walking	12:00-2:00pm Water Walking	12:00-2:00pm Water Walking		
2:00-4:00pm Open Swim	2:00-4:00pm Open Swim	2:00-4:00pm Open Swim	2:00-4:00pm Open Swim	2:00-4:00pm Open Swim		
4:00pm-7:00 pm Swim Lessons (small pool closed to the public during lessons)	4:00pm-7:00 pm Swim Lessons (small pool closed to the public during lessons)	4:00pm-7:00 pm Swim Lessons (small pool closed to the public during lessons)	4:00pm-7:00 pm Swim Lessons (small pool closed to the public during lessons)	3:45-6:45pm Open Swim		
7:00pm-8:45pm Open Swim	7:00pm-8:45pm Open Swim	7:00pm-8:45pm Open Swim	7:00pm-8:45pm Open Swim			