



eliminating racism
empowering women
ywca

Large Pool Schedule

Effective September 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-8:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00a-6:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	6:00a-3:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	
8:30a-9:15a Water Aerobics Tracy	8:30a-9:15a Water Aerobics Linda	8:30a-9:15a Water Aerobics Tracy	8:30a-9:15a Water Aerobics Linda	8:30a-9:15a Water Aerobics Tracy	8:30a-9:15a Water Aerobics Michelle	8:00a-10:30a Lap Swim
9:30a-10a Summer Swim Camp	9:15a-9:50a Water Bike Linda		9:15a-9:50a Water Bike Linda			10:30a-1:45p Open/Lap Swim
					11:45a-3:45p Open Swim	
2:00p-4:00p Open Swim	2:00p-4:00p Open Swim	2:00p-4:00p Open Swim	2:00p-4:00p Open Swim	3:00p-6:45p Open Swim		
4:00p-7:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-7:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-7:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-7:00p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.			
5:30p-6:15p Water Bootcamp Michelle		5:30p-6:15p Water Bootcamp Michelle				
7:00p-8:45p Open/Lap Swim	7:00p-8:45p Open/Lap Swim	7:00p-8:45p Open/Lap Swim	7:00p-8:45p Open/Lap Swim			



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Small Pool Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00a-9:00a Water Aerobics Teresa	8:00a-11:00a Water Walking	8:00a-9:00a Water Aerobics Teresa	8:00a-11:00a Water Walking	8:00a-9:00a Water Aerobics Teresa	8:00a-12:00p Swim Lessons (Pool closed to non swim lesson participants)	8:00a-10:30a Water Walking
9:00a-11:00a Water Walking/PT		9:00a-11:00a Water Walking		9:00a-11:00a Water Walking		
11:00a-12:00p Water Aerobics Cathy	11:00-12:00p Water Aerobics Cathy	11:00-12:00p Water Aerobics Cathy	11:00-12:00p Water Aerobics Cathy	11:00-12:00p Water Aerobics Cathy		10:30a-1:45p Open Swim
12:00p-1:00p Water Walking	12:00p-1:00p Water Walking	12:00p-1:00p Water Walking	12:00p-1:00p Water Walking	12:00p-2:30p Water Walking/Physical Therapy		
1:00p-4:00p Open Swim	1:00p-4:00p Open Swim	1:00p-4:00p Open Swim	1:00p-4:00p Open Swim	2:30p-6:45p Open Swim	12:00p-3:45p Open Swim	
4:00p-7:00p Swim Lessons (Pool closed to non-swim lesson participants)	4:00p-7:00p Swim Lessons (Pool closed to non-swim lesson participants)	4:00p-7:00p Swim Lessons (Pool closed to non-swim lesson participants)	4:00p-7:00p Swim Lessons (Pool closed to non-swim lesson participants)			
7:00p-8:45p Open Swim	7:00p-8:45p Open Swim	7:00p-8:45p Open Swim	7:00p-8:45p Open Swim			