



eliminating racism
empowering women
ywca

Large Pool Schedule

Effective March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00am-6:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00am-7:00p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00am-6:00pm Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	5:00aa-6:45p Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	6:00-11a Lap Swim There are always 3 lap lanes open & 30 minutes per lap lane.	
8:30a-9:15a Water Aerobics Chris C.	8:30a-9:15a Water Aerobics Linda	8:30a-9:15a Water Aerobics Chris C.	8:30a-9:15a Water Aerobics Linda	8:30a-9:15a Water Aerobics Chris C.	8:30a-9:15a Water Bootcamp Michelle	8:00-10:30a Lap Swim
9:15a-10a Low-Level Water Aerobics Chris	9:15a-9:50a Water Bike Linda	9:15a-10a Low-Level Water Aerobics Chris	9:15a-9:50a Water Bike Linda	9:15a-10a Low-Level Water Aerobics Chris		
					10:30a-3:45p Open/Lap Swim	
2:00-4:00p Open/Lap Swim	2:00-4:00p Open/Lap Swim	2:00-4:00p Open/Lap Swim	2:00-4:00p Open/Lap Swim	3:00-7:45p Open/Lap Swim	11:00-5:45p Open/Lap Swim	
4:00p-6:40p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-6:40p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-6:40p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.	4:00p-6:40p Swim Lessons There are always 3 lap lanes open & 30 minutes per lap lane.			
5:15-6:15p Water Bootcamp Michelle		5:30-6:15p Water Bootcamp Michelle				
7:00-8:45p Open/Lap Swim	7:00-8:45p Open/Lap Swim	7:00-8:45p Open/Lap Swim	7:00-8:45p Open/Lap Swim			



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Small Pool Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am Water Aerobics Teresa	8:00-11:00am Water Walking	8:00-9:00am Water Aerobics Teresa	8:00-11:00am Water Walking	8:00-9:00am Water Aerobics Teresa	7:00-8:00am Open Swim	8:00-10:30am Water Walking
9:00-11:00am Water Walking/Physical Therapy		9:00-11:00am Water Walking		9:00-11:00am Water Walking	8:00a -12:00p Swim Lessons (Pool closed to non- swim lesson participants)	
11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy	11:00am-12:00pm Water Aerobics Cathy	11:00-12:00pm Water Aerobics Cathy	12:00-5:45pm Open Swim	10:30am-3:45pm Open Swim
12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:00-1:00pm Water Walking	12:30-2:30pm Physical Therapy (pool closed to members)		
1:00-4:00pm Open Swim	1:00-4:00p Physical Therapy (pool closed to members)	1:00-4:00pm Open Swim	1:00-4:00pm Open Swim	2:30-7:45pm Open Swim		
4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)	4:00-7:00pm Swim Lessons (Pool closed to non-swim lesson participants)			
7:00-8:45pm Open Swim	7:00-8:45pm Open Swim	7:00-8:45pm Open Swim	7:00-8:45pm Open Swim			