

**May 2018 - YWCA Pool Schedule**  
**Mon - Thurs: 5:45am - 8pm (Adult Swim 12:00pm-1:00pm)**  
**Friday: 5:45am - 7pm (Adult Swim 12:00pm-1:00pm)**  
**Sat. 8am-4:45pm Sun. 1-4:45pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 12:00-1:00pm Adult Swim 3-10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow	2 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power—Deep 12:00-1:00pm Adult Swim 1-3pm Fast Track Adult Swim Lessons 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio—Shallow & Deep 7-8pm YDub Swim  YDub Swim 7pm-8pm  1 Lane will be available during this program.	3 8-8:50am Deep Water Work 9-10am Aqua Yoga—Shallow 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons 5-7pm Swim Clinic  Swim Clinic 5-pm - 7pm  2 Lanes will be available during this program.	4 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:00-1:00pm Adult Swim	5 9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons  Lifeguard Course 12pm-5pm  The pool will remain open during this program.
6 Lifeguard Course 1pm-5pm  The pool will remain open during this program.	7 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi—Shallow 10-10:50am Aqua Power—Shallow 12:00-1:00pm Adult Swim 1-3pm Fast Track Adult Swim Lessons 3:30-5:30pm Group Swim Lessons 5-7pm Swim Clinic 7-8pm YDub Swim  Swim Clinic 5-pm - 7pm & YDub Swim 7pm-8pm  1 Lane will be available during this program.	8 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 12:00-1:00pm Adult Swim 3-10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow	9 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12:00-1:00pm Adult Swim 1-3pm Fast Track Adult Swim Lessons 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio—Shallow & Deep 7-8pm YDub Swim  YDub Swim 7pm-8pm  1 Lane will be available during this program.	10 8-8:50am Deep Water Work 9-10am Aqua Yoga—Shallow 12:00-1:00pm Adult Swim 3-10-5:30pm Group Swim Lessons 5-7pm Swim Clinic  Swim Clinic 5-pm - 7pm  2 Lanes will be available during this program.	11 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:00-1:00pm Adult Swim	12 9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons  Lifeguard Course 12pm-5pm  The pool will remain open during this program.
13 Lifeguard 1pm-5pm  The pool will remain open during this program.	14 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi—Shallow 10-10:50am Aqua Power—Shallow 12:00-1:00pm Adult Swim 1-3pm Fast Track Adult Swim Lessons 3:30-5:30pm Group Swim Lessons 7-8pm YDub Swim  Lifeguard Course 12pm-7pm The pool will remain open during this program.  YDub Swim 7pm-8pm 1 Lane will be available during this program.	15 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 12:00-1:00pm Adult Swim 3-10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow  Lifeguard Course 12pm-7pm  The pool will remain open during this program.	16 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12:00-1:00pm Adult Swim 1-3pm Fast Track Adult Swim Lessons 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio—Shallow & Deep 7-8pm YDub Swim  YDub Swim 7pm-8pm  1 Lane will be available during this program.	17 8-8:50am Deep Water Work 9-10am Aqua Yoga—Shallow 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons  Lifeguard Course 12pm-7pm  The pool will remain open during this program.	18 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:00-1:00pm Adult Swim 6-8pm Flick & Float  Lifeguard Course 12pm-7pm  The pool will remain open during this program.  Flick and Float 6-8pm *Registration closes 7 days prior to the movie	19 9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons  Lifeguard & Scuba Course 12pm-5pm  The pool will remain open during this program.
20 Lifeguard & Scuba Course 1pm-5pm  The pool will remain open during this program.	21 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi—Shallow 10-10:50am Aqua Power—Shallow 12:00-1:00pm Adult Swim 1-3pm Fast Track Adult Swim Lessons 3:30-5:30pm Group Swim Lessons 7-8pm YDub Swim  Lifeguard Course 12pm-7pm The pool will remain open during this program.  YDub Swim 7pm-8pm 1 Lane will be available during this program.	22 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 12:00-1:00pm Adult Swim 3-10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow  Lifeguard Course 12pm-7pm  The pool will remain open during this program.	23 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12:00-1:00pm Adult Swim 1-3pm Fast Track Adult Swim Lessons 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio—Shallow & Deep 7-8pm YDub Swim  YDub Swim 7pm-8pm  1 Lane will be available during this program.	24 8-8:50am Deep Water Work 9-10am Aqua Yoga—Shallow 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons  Lifeguard Course 12pm-7pm  The pool will remain open during this program.	25 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:00-1:00pm Adult Swim  Lifeguard Course 12pm-7pm  The pool will remain open during this program.	26 9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons  Lifeguard Course 12pm-5pm  The pool will remain open during this program.
27 Lifeguard Course 1pm-5pm  The pool will remain open during this program.	28 8:00am-4:45pm Pool Hours 12:00-1:00pm Adult Swim  Fitness Center Hours: 8:00am – 5:00pm - Pool closes 4:45pm - AM Child Care Only - No regular fitness classes	29 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 12:00-1:00pm Adult Swim 3-10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow  Lifeguard Course 12pm-7pm  The pool will remain open during this program.	30 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12:00-1:00pm Adult Swim 1-3pm Fast Track Adult Swim Lessons 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio—Shallow & Deep 7-8pm YDub Swim  Lifeguard Course 12pm-7pm The pool will remain open during this program.  YDub Swim 7pm-8pm 1 Lane will be available during this program.	31 8-8:50am Deep Water Work 9-10am Aqua Yoga—Shallow 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons  Lifeguard Course 12pm-7pm  The pool will remain open during this program.		