


July 2018 - YWCA Pool Schedule

Mon - Thurs: 5:45am - 8pm (3 Lap Lanes Available 12:30pm-1:30pm)
Friday: 5:45am - 7pm (3 Lap Lanes Available 12:30pm-1:30pm)
Weekends: Saturday 8:00 am - 4:45 pm & Sunday 1:00 pm - 4:45 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lifeguard Course 1pm-4:45pm The pool will remain open during this program.	2 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi—Shallow 10-10:50am Aqua Power—Shallow 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons DYP Swim Lessons 11am-12pm & 1:30pm-2:30pm 2 lanes open for members	3 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 12:30-1:30pm (3) Lap Lanes Available 3:10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow DYP Swim Lessons 10:30-11:30am 2 lanes open for members	4 YWCA CLOSED Happy 4th of July! 	5 8-8:50am Deep Water Work 9-15-10:15am Aqua Yoga—Shallow 12:30-1:30pm (3) Lap Lanes Available 3:10-5:30pm Group Swim Lessons DYP Swim Lessons 10:30-12:30pm 2 lanes open for members	6 9-10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available DYP Swim Lessons 11am-12pm 2 lanes open for members	7 9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons
8 Lifeguard Course 12pm-7pm The pool will remain open during this program.	9 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi—Shallow 10-10:50am Aqua Power—Shallow 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons DYP Swim Lessons 11am-12pm 2 lanes open for members Lifeguard Course 12pm-7pm The pool will remain open during this program.	10 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 12:30-1:30pm (3) Lap Lanes Available 3:10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow DYP Swim Lessons 10:30-11:30am 2 lanes open for members Lifeguard Course 12pm-7pm The pool will remain open during this program.	11 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio—Shallow & Deep DYP Swim Lessons 11am-12pm & 1:30pm-2:30pm 2 lanes open for members Lifeguard Course 12pm-7pm The pool will remain open during this program.	12 8-8:50am Deep Water Work 9-15-10:15am Aqua Yoga—Shallow 12:30-1:30pm (3) Lap Lanes Available 3:10-5:30pm Group Swim Lessons DYP Swim Lessons 10:30-12:30pm 2 lanes open for members Lifeguard Course 12pm-7pm The pool will remain open during this program.	13 9-10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available DYP Swim Lessons 11am-12pm 2 lanes open for members Lifeguard Course 12pm-7pm The pool will remain open during this program.	14 9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons
15	16 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi—Shallow 10-10:50am Aqua Power—Shallow 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons DYP Swim Lessons 11am-12pm 2 lanes open for members	17 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 12:30-1:30pm (3) Lap Lanes Available 3:10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow DYP Swim Lessons 10:30-11:30am 2 lanes open for members	18 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio—Shallow & Deep DYP Swim Lessons 11am-12pm & 1:30pm-2:30pm 2 lanes open for members Technique Camp 7pm-8pm The pool will remain open during this program.	19 8-8:50am Deep Water Work 9-15-10:15am Aqua Yoga—Shallow 12:30-1:30pm (3) Lap Lanes Available 3:10-5:30pm Group Swim Lessons DYP Swim Lessons 10:30-11:30am 2 lanes open for members	20 9-10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available DYP Swim Lessons 11am-12pm 2 lanes open for members	21 9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons
22	23 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi—Shallow 10-10:50am Aqua Power—Shallow 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons DYP Swim Lessons 11am-12pm & 1:30pm-2:30pm 2 lanes open for members Lifeguard Course 12pm-7pm The pool will remain open during this program.	24 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 12:30-1:30pm (3) Lap Lanes Available 3:10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow DYP Swim Lessons 10:30-11:30am 2 lanes open for members Lifeguard Course 12pm-7pm The pool will remain open during this program.	25 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio—Shallow & Deep Technique Camp 7pm-8pm The pool will remain open during this program.	26 8-8:50am Deep Water Work 9-15-10:15am Aqua Yoga—Shallow 12:30-1:30pm (3) Lap Lanes Available 3:10-5:30pm Group Swim Lessons DYP Swim Lessons 10:30-11:30am 2 lanes open for members Lifeguard Course 12pm-7pm The pool will remain open during this program.	27 9-10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available	28 9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons
29	30 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi—Shallow 10-10:50am Aqua Power—Shallow 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons DYP Swim Lessons 11am-12pm 2 lanes open for members	31 8-8:50am Deep Water Work 9-10-10am Aqua Arthritis Energizer 10:30-11:30am DYP Swim Lessons 12:30-1:30pm (3) Lap Lanes Available 3:10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow DYP Swim Lessons 10:30-11:30am 2 lanes open for members				