

August 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
			<p>1</p> <p>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 7-8pm YDub Co-ed Training</p> <p>YDub Co-ed Training 7pm-8pm 1 Lane will be available during this program.</p>	<p>2</p> <p>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</p> <p>DYP Swim Lessons 10:30-12:30pm 2 lanes open for members</p> <p>Lifeguard Course 12pm-7pm The pool will remain open during this program.</p>	<p>3</p> <p>9-10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available</p>	<p>4</p> <p>9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons</p>
<p>5</p>	<p>6</p> <p>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 7-8pm YDub Co-ed Training</p> <p>DYP Swim Lessons 11am-12pm 2 lanes open for members</p> <p>YDub Co-ed Training 7pm-8pm 1 Lane will be available during this program.</p> <p>Lifeguard Course 12pm-7pm The pool will remain open during this program.</p>	<p>7</p> <p>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</p> <p>DYP Swim Lessons 10:30-11:30am 2 lanes open for members</p> <p>Lifeguard Course 12pm-7pm The pool will remain open during this program.</p>	<p>8</p> <p>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 7-8pm YDub Co-ed Training</p> <p>YDub Co-ed Training 7pm-8pm 1 Lane will be available during this program.</p>	<p>9</p> <p>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</p> <p>DYP Swim Lessons 10:30-11:30am 2 lanes open for members</p> <p>Lifeguard Course 12pm-7pm The pool will remain open during this program.</p>	<p>10</p> <p>9-10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available</p>	<p>11</p> <p>9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons</p>
<p>12</p>	<p>13</p> <p>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 7-8pm YDub Co-ed Training</p> <p>DYP Swim Lessons 11am-12pm 2 lanes open for members</p> <p>YDub Co-ed Training 7pm-8pm 1 Lane will be available during this program.</p>	<p>14</p> <p>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</p> <p>DYP Swim Lessons 10:30-11:30am 2 lanes open for members</p>	<p>15</p> <p>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 7-8pm YDub Co-ed Training</p> <p>YDub Co-ed Training 7pm-8pm 1 Lane will be available during this program.</p>	<p>16</p> <p>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</p> <p>DYP Swim Lessons 10:30-11:30am 2 lanes open for members</p>	<p>17</p> <p>9-10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available</p>	<p>18</p> <p>9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons</p>
<p>19</p>	<p>20</p> <p>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 7-8pm YDub Co-ed Training</p> <p>YDub Co-ed Training 7pm-8pm 1 Lane will be available during this program.</p>	<p>21</p> <p>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</p>	<p>22</p> <p>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 6:45pm Early Pool Closure</p> <p>Pool will Close at 6:45pm</p>	<p>23</p> <p>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</p>	<p>24</p> <p>9-10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available</p>	<p>25</p> <p>9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons</p>
<p>26</p>	<p>27</p> <p>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 6:45pm Early Pool Closure</p> <p>Pool will Close at 6:45pm</p>	<p>28</p> <p>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</p>	<p>29</p> <p>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 7-8pm YDub Co-ed Training</p> <p>YDub Co-ed Training 7pm-8pm 1 Lane will be available during this program.</p>	<p>30</p> <p>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</p>	<p>31</p> <p>9-10-9:50am Shallow Water Work 10-10:50am Aqua Power—Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available</p>	