

September 2018 - YWCA Pool Schedule

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons
2	3  HAPPY LABOR DAY <u>Fitness Center Hours</u> 8am—5pm <u>Pool Hours</u> 8am-4:45pm No Classes 12-1pm (3) Lap Lanes Available	4 8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12-1pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow	5 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12-1pm (3) Lap Lanes Available 1-3pm Fast Track Swim Lessons 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio-Shallow & Deep 7-8pm YDub Co-ed Training YDub Co-ed Training 7pm-8pm 1 Lane will be available during this program.	6 8-8:50am Deep Water Work 9:15-10:15am Aqua Yoga-Shallow 12-1pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons	7 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available	8 9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons
9	10 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi-Shallow 10-10:50am Aqua Power - Shallow 12-1pm (3) Lap Lanes Available 1-3pm Fast Track Swim Lessons 3:30-5:30pm Group Swim Lessons	11 8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12-1pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow	12 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12-1pm (3) Lap Lanes Available 1-3pm Fast Track Swim Lessons 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio-Shallow & Deep 7-8pm YDub Co-ed Training YDub Co-ed Training 7pm-8pm 1 Lane will be available during this program.	13 8-8:50am Deep Water Work 9:15-10:15am Aqua Yoga-Shallow 12-1pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons	14 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available	15 9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons Lifeguard Course 12pm-5pm The pool will remain open during this program.
16	17 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi-Shallow 10-10:50am Aqua Power - Shallow 12-1pm (3) Lap Lanes Available 1-3pm Fast Track Swim Lessons 3:30-5:30pm Group Swim Lessons	18 8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12-1pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow	19 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12-1pm (3) Lap Lanes Available 1-3pm Fast Track Swim Lessons 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio-Shallow & Deep	20 8-8:50am Deep Water Work 9:15-10:15am Aqua Yoga-Shallow 12-1pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons	21 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available	22 9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons Lifeguard Course 12pm-5pm The pool will remain open during this program.
23	24 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi-Shallow 10-10:50am Aqua Power - Shallow 12-1pm (3) Lap Lanes Available 1-3pm Fast Track Swim Lessons 3:30-5pm Group Swim Lessons 5-7pm Swim Clinic Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.	25 8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12-1pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow	26 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12-1pm (3) Lap Lanes Available 1-3pm Fast Track Swim Lessons 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio-Shallow & Deep	27 8-8:50am Deep Water Work 9:15-10:15am Aqua Yoga-Shallow 12-1pm (3) Lap Lanes Available 4-5pm Group Swim Lessons 5-7pm Swim Clinic Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.	28 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available	29 9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons Lifeguard Course 12pm-5pm The pool will remain open during this program.
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