

**October 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
	<p><b>1</b></p> <p>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</p> <p style="text-align: center;"><b>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</b></p>	<p><b>2</b></p> <p>8-8:50am Deep Water Work 9-10:10am Aqua Arthritis Energizer 12-1pm (3) Lap Lanes Available 4-5pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow</p>	<p><b>3</b></p> <p>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 3:30-5pm Group Swim Lessons 6-6:45pm Aqua Cardio-Shallow &amp; Deep</p>	<p><b>4</b></p> <p>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</p> <p style="text-align: center;"><b>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</b></p>	<p><b>5</b></p> <p>9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow &amp; Deep 12-1pm (3) Lap Lanes Available</p>	<p><b>6</b></p> <p>9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons</p>
<b>7</b>	<p><b>8</b></p> <p>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</p> <p style="text-align: center;"><b>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</b></p>	<p><b>9</b></p> <p>8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12-1pm (3) Lap Lanes Available 4-5pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow</p>	<p><b>10</b></p> <p>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 3:30-5pm Group Swim Lessons 6-6:45pm Aqua Cardio-Shallow &amp; Deep</p>	<p><b>11</b></p> <p>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</p> <p style="text-align: center;"><b>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</b></p>	<p><b>12</b></p> <p>9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow &amp; Deep 12-1pm (3) Lap Lanes Available</p>	<p><b>13</b></p> <p>9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons</p>
<b>14</b>	<p><b>15</b></p> <p>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</p> <p style="text-align: center;"><b>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</b></p>	<p><b>16</b></p> <p>8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12-1pm (3) Lap Lanes Available 4-5pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow</p>	<p><b>17</b></p> <p>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 3:30-5pm Group Swim Lessons 6-6:45pm Aqua Cardio-Shallow &amp; Deep</p>	<p><b>18</b></p> <p>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</p> <p style="text-align: center;"><b>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</b></p>	<p><b>19</b></p> <p>9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow &amp; Deep 12-1pm (3) Lap Lanes Available</p>	<p><b>20</b></p> <p>9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons</p>
<b>21</b>	<p><b>22</b></p> <p>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</p> <p style="text-align: center;"><b>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</b></p>	<p><b>23</b></p> <p>8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12-1pm (3) Lap Lanes Available 4-5pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow</p>	<p><b>24</b></p> <p>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 3:30-5pm Group Swim Lessons 6-6:45pm Aqua Cardio-Shallow &amp; Deep</p>	<p><b>25</b></p> <p>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</p> <p style="text-align: center;"><b>Fall Swim Clinic 5pm-7pm Pop Up: Mystery Swim 7pm-8pm 1 Lane will be available during these programs.</b></p>	<p><b>26</b></p> <p>9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow &amp; Deep 12-1pm (3) Lap Lanes Available 6-8pm Flick &amp; Float</p> <p style="text-align: center;"><b>Flick &amp; Float - Hocus Pocus (6pm - 8pm) \$5/person Register by 10/19/18</b></p>	<p><b>27</b></p> <p>9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons</p>
<b>28</b>	<p><b>29</b></p> <p>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</p> <p style="text-align: center;"><b>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</b></p>	<p><b>30</b></p> <p>8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12-1pm (3) Lap Lanes Available 4-5pm Group Swim Lessons 6-6:55pm Aqua Boxing—Shallow</p>	<p><b>31</b></p> <p>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 3:30-5pm Group Swim Lessons 6-6:45pm Aqua Cardio-Shallow &amp; Deep</p>			