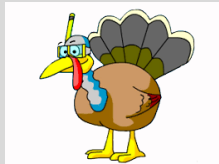


November 2018 - YWCA Pool Schedule

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>1</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>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</p>	<p>2</p> <p>9-10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available</p>	<p>3</p> <p>9-9:50am Aqua Boxing—Shallow 9-12pm Group Swim Lessons</p>
4	<p>5</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>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</p>	<p>6</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>7</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 & Deep</p>	<p>8</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>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</p>	<p>9</p> <p>9-10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available</p>	<p>10</p> <p>9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons</p>
11	<p>12</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>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</p>	<p>13</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>14</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 & Deep</p>	<p>15</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>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</p>	<p>16</p> <p>9-10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available</p>	<p>17</p> <p>9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons</p>
18	<p>19</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>Fall Swim Clinic 5pm-7pm 1 Lane will be available during this program.</p>	<p>20</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>21</p> <p>Pool Hours: 5:45am - 6:45pm</p> <p>No regular fitness classes</p> <p>12-1pm (3) Lap Lanes Available</p>	<p>22</p> <p>CLOSED - Happy Thanksgiving!</p> 	<p>23</p> <p>Pool Hours: 8am - 4:45pm</p> <p>No regular fitness classes</p> <p>12-1pm (3) Lap Lanes Available</p>	<p>24</p> <p>9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons</p>
25	<p>26</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</p>	<p>27</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>28</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 & Deep</p>	<p>29</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</p>	<p>30</p> <p>9-10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available</p>	