

December 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 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	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 5-5:30pm Aqua Tabata	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 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep	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 5-5:30pm Aqua Tabata	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 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep	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
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 5-5:30pm Aqua Tabata	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 5:30-6:15pm Aqua Boxing 6:15-7pm 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 Lifeguard Course 2pm-8pm The pool will remain open during this program.	21 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available Lifeguard Course 5:30pm-7pm The pool will remain open during this program.	22 9-9:50am Aqua Boxing-Shallow 9-12pm Group Swim Lessons Lifeguard Course 4pm-5pm The pool will remain open during this program.
23 Normal Pool Hours Lifeguard Course 2pm-5pm The pool will remain open during this program.	24 Pool Hours: 9am - 1:45pm No regular fitness classes 12-1pm (3) Lap Lanes Available	25 CLOSED - Merry Christmas 	26 Normal Pool Hours 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 5:30-6:15pm Aqua Boxing 6:15-7pm 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 Lifeguard Course 2pm-7pm The pool will remain open 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
30 Normal Pool Hours Lifeguard Course 4pm-5pm The pool will remain open during this program.	31 Pool Hours: 5:45am - 1:45pm No regular fitness classes 12-1pm (3) Lap Lanes Available					