

January 2019- 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>Pool Hours: 10am - 1:45pm</p> <p>No regular fitness classes</p> <p>12-1pm (3) Lap Lanes Available</p>	<p>2</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 3:30-5:30pm Group Swim Lessons 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep</p>	<p>3</p> <p>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</p>	<p>4</p> <p>9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available</p>	<p>5</p> <p>9-9:50am Aqua Boxing-S 9-12pm Group Swim Lessons</p> <p>Lifeguard Course 2pm-5pm</p> <p>The pool will remain open during this program.</p>
<p>6</p>	<p>7</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 3:30-5:30pm Group Swim Lessons 5-7:30pm Orange Crush Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>8</p> <p>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</p>	<p>9</p> <p>No warm water in building from 8am-5pm. There will be running water but it may not be warm.</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 3:30-5:30pm Group Swim Lessons 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep 6:45-8pm Orange Crush Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>10</p> <p>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 5-7:30pm Orange Crush Practice</p> <p>During Orange Crush Practice only 1 lane will be available.</p> <p>Lifeguard Course 7:30pm-8pm</p>	<p>11</p> <p>9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available</p>	<p>12</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons</p>
<p>13</p>	<p>14</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 3:30-5:30pm Group Swim Lessons 5-7:30pm Orange Crush Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>15</p> <p>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</p> <p>5:30-6:25pm Pop-up: Deep Water 6:30-7:25pm Pop-up Deep Water</p>	<p>16</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 3:30-5:30pm Group Swim Lessons 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep 6:45-8pm Orange Crush Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>17</p> <p>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 5-7:30pm Orange Crush Practice</p> <p>During Orange Crush Practice only 1 lane will be available.</p>	<p>18</p> <p>9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available</p>	<p>19</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons</p> <p>Lifeguard Course 2pm-5pm</p> <p>The pool will remain open during this program.</p>
<p>20</p>	<p>21</p> <p>Pool Hours: 8am - 4:45pm</p> <p>No regular Fitness Classes or Swim Programs</p> <p>12-1pm (3) Lap Lanes Available</p> <p>Lifeguard Course 4pm-5pm</p>	<p>22</p> <p>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</p>	<p>23</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 3:30-5:30pm Group Swim Lessons 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep 6:45-8pm Orange Crush Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>24</p> <p>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 5-7:30pm Orange Crush Practice</p> <p>During Orange Crush Practice only 1 lane will be available.</p> <p>Lifeguard Course 7:30pm-8pm</p>	<p>25</p> <p>9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-1pm (3) Lap Lanes Available</p>	<p>26</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons</p>
<p>27</p>	<p>28</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 3:30-5:30pm Group Swim Lessons 5-7:30pm Orange Crush Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p> <p>Lifeguard Course 7:30pm-8pm</p>	<p>29</p> <p>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</p>	<p>30</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 3:30-5:30pm Group Swim Lessons 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep 6:45-8pm Orange Crush Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>31</p> <p>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 5-7:30pm Orange Crush Practice</p> <p>During Orange Crush Practice only 1 lane will be available.</p>		