

February 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
					1 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-12:30pm Aqua Tabata 12-1pm (3) Lap Lanes Available	2 9-9:50am Aqua Boxing & Tabata 9-12pm Group Swim Lessons Lifeguard Course 2pm-5pm The Pool will remain open during this program.
3 Scuba Course 1pm-4pm The Pool will remain open during this program.	4 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 During Orange Crush Swim Practice only 1 lane will be available.	5 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 5:35-6:30pm Deep Water Work Lifeguard Course 7:30pm-8pm Pool will remain open during this program.	6 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 During Orange Crush Swim Practice only 1 lane will be available.	7 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 During Orange Crush Practice only 1 lane will be available.	8 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-12:30pm Aqua Tabata 12-1pm (3) Lap Lanes Available	9 9-9:50am Aqua Boxing & Tabata 9-12pm Group Swim Lessons At 2pm Pool Closed Pool closes at 2pm for Orange Crush Swim Meet
10	11 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 During Orange Crush Swim Practice only 1 lane will be available. Lifeguard Course 7:30pm-8pm Pool will remain open during this program.	12 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 5:35-6:30pm Deep Water Work	13 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 During Orange Crush Swim Practice only 1 lane will be available.	14 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 During Orange Crush Practice only 1 lane will be available.	15 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12-12:30pm Aqua Tabata 12-1pm (3) Lap Lanes Available	16 9-9:50am Aqua Boxing & Tabata 9-12pm Group Swim Lessons Lifeguard Course 4pm-5pm The Pool will remain open during this program.
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