

**March 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
3 <b>Lifeguard Course 2pm-5pm The Pool will remain open during this program.</b>	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 3:30-5:30pm Group Swim Lessons 5-7:30pm Orange Crush Practice  <b>During Orange Crush Swim Practice only 1 lane will be available.</b>  <b>Lifeguard Course 7:30pm-8pm The Pool will remain open during this program.</b>	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.	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 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  <b>During Orange Crush Swim Practice only 1 lane will be available.</b>	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  <b>During Orange Crush Practice only 1 lane will be available.</b>  <b>** Last Orange Crush Practice**</b>	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  <b>Lifeguard Course 2pm-5pm The Pool will remain open during this program.</b>
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 3:30-5:30pm Group Swim Lessons	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  <b>Lifeguard Course 7:30pm-8pm The Pool will remain open during this program.</b>	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 3:30-5:30pm Group Swim Lessons 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep	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	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  <b>Lifeguard Course 2pm-5pm The Pool will remain open during this program.</b>
17 <b>Lifeguard Course 4pm-5pm The Pool will remain open during this program.</b>	18 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 3:30-5:30pm Group Swim Lessons	19 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	20 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12-1pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep	21 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  <b>.Lifeguard Course 7:30pm-8pm The Pool will remain open during this program.</b>	22 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	23 9-9:50am Aqua Boxing & Tabata 9-12pm Group Swim Lessons
24 <b>Lifeguard Course 2pm-5pm The Pool will remain open during this program.</b>	25 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 3:30-5:30pm Group Swim Lessons	26 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  <b>Lifeguard Course 7:30pm-8pm The Pool will remain open during this program.</b>	27 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power - Deep 12-1pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep	28 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	29 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	30 9-9:50am Aqua Boxing & Tabata 9-12pm Group Swim Lessons  <b>Lifeguard Course 4pm-5pm The Pool will remain open during this program.</b>
31 <b>Lifeguard Course 1pm-5pm The Pool will remain open during this program.</b>						