

eliminating racism
empowering women



Central Carolinas

April 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>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</p> <p>Lifeguard Course 7:30pm-8pm The Pool will remain open during this program</p>	<p>2</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 5:35-6:30pm Deep Water Work</p> <p>Scuba 6pm-8pm The Pool will remain open during this program</p>	<p>3</p> <p>8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow & 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 7-8pm Swim Your Way Thin</p> <p>Swim Your Way Thin 7-8pm 2 Lap Lanes will be available for members</p>	<p>4</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>5</p> <p>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</p>	<p>6</p> <p>8:40-9:30am Aqua Boxing & Tabata 9-12pm Group Swim Lessons</p> <p>Lifeguard Course 12pm-8pm The Pool will remain open during this program</p>
<p>7</p> <p>Scuba & Lifeguard Course 1pm-5pm The Pool will remain open during this program.</p>	<p>8</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 3:30-5:30pm Group Swim Lessons.</p>	<p>9</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 5:35-6:30pm Deep Water Work</p> <p>Lifeguard Course 7:30pm-8pm The Pool will remain open during this program</p>	<p>10</p> <p>8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow & 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 7-8pm Swim Your Way Thin</p> <p>Swim Your Way Thin 7-8pm 2 Lap Lanes will be available for members</p>	<p>11</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>12</p> <p>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 4:30pm Pool Closes 5:00pm Underwater Easter Egg Hunt</p> <p>Underwater Easter Egg Hunt 5pm-6:50pm The Pool will close at 4:30pm for this Program</p>	<p>13</p> <p>8:40-9:30am Aqua Boxing & Tabata 9-12pm Group Swim Lessons</p>
<p>14</p>	<p>15</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 3:30-5:30pm Group Swim Lessons 5-7pm Spring Swim Clinic</p> <p>Lifeguard Course 2pm-8pm The Pool will remain open during this program.</p> <p>Spring Swim Clinic 5-7pm 2 Lap Lanes will be available for members</p>	<p>16</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 5:35-6:30pm Deep Water Work</p> <p>Lifeguard Course 5:30pm-8pm The Pool will remain open during this program</p>	<p>17</p> <p>8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow & 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 7-8pm Swim Your Way Thin</p> <p>Lifeguard Course 2pm-7pm The Pool will remain open.</p> <p>Swim Your Way Thin 7-8pm 2 Lap Lanes will be available for members</p>	<p>18</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 5-7pm Spring Swim Clinic</p> <p>Lifeguard Course 2pm-8pm The Pool will remain open during this program</p> <p>Spring Swim Clinic 5-7pm 2 Lap Lanes will be available for members</p>	<p>19</p> <p>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</p> <p>Lifeguard Course 5:30pm-7pm The Pool will remain open during this program</p>	<p>20</p> <p>8:40-9:30am Aqua Boxing & Tabata 9-12pm Group Swim Lessons</p> <p>Lifeguard Course 4pm-5pm The Pool will remain open during this program</p>
<p>21</p> <p>Easter Fitness Center & Pool will be closed.</p>	<p>22</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 3:30-5:30pm Group Swim Lessons 5-7pm Spring Swim Clinic</p> <p>Spring Swim Clinic 5-7pm 2 Lap Lanes will be available for members</p>	<p>23</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 5:35-6:30pm Deep Water Work</p> <p>Lifeguard Course 7:30pm-8pm The Pool will remain open during this program</p>	<p>24</p> <p>8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow & 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 7-8pm Swim Your Way Thin</p> <p>Swim Your Way Thin 7-8pm 2 Lap Lanes will be available for members</p>	<p>25</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 5-7pm Spring Swim Clinic</p> <p>Spring Swim Clinic 5-7pm 2 Lap Lanes will be available for members</p>	<p>26</p> <p>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</p>	<p>27</p> <p>8:40-9:30am Aqua Boxing & Tabata 9-12pm Group Swim Lessons</p> <p>Lifeguard Course 12pm-5pm The Pool will remain open during this program</p>
<p>28</p> <p>Lifeguard Course 1pm-5pm The Pool will remain open during this program.</p>	<p>29</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 3:30-5:30pm Group Swim Lessons 5-7pm Spring Swim Clinic</p> <p>Spring Swim Clinic 5-7pm 2 Lap Lanes will be available for members</p> <p>Lifeguard Course 7:30pm-8pm The Pool will remain open during this program</p>	<p>30</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 5:35-6:30pm Deep Water Work</p>				