

**May 2019 - YWCA Pool Schedule**

Mon - Thurs: 5:45am - 8pm (\*\*May 6th - May 9th, the pool will open at 7:30am)

Friday: 5:45am - 7pm (\*\*On May 10th, the pool will open at 7:30am)

Weekends: Saturday 8:00 am - 4:45 pm & Sunday 1:00 pm - 4:45 pm

There are always (2) lap lanes available during pool hours unless specified. Mon-Fri from 12pm-1pm there will be (3) lap lanes available.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>1</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></p> <p>8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow &amp; 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 &amp; Deep 7-8pm YDub Tri Club - Crash Course</p> <p><b>YDub Tri Club 7-8pm</b> 2 Lap Lanes will be available for members</p>	<p><b>2</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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><b>Spring Swim Clinic 5-7pm</b> 2 Lap Lanes will be available for members</p>	<p><b>3</b></p> <p><b>Pool Hours: 5:45am – 7pm</b></p> <p>7-7:50am Deep Water Work (New) 8-8:50am Deep Water Work (New) 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow &amp; Deep 12-12:30pm Aqua Tabata 12-1pm (3) Lap Lanes Available</p>	<p><b>4</b></p> <p><b>Pool Hours: 8am – 4:45pm</b></p> <p>8-40-9:30am Aqua Boxing &amp; Tabata 11:30-12:15pm (1) Lap Lanes Available 11:30-12:15pm Aqua Tabata (New) 9-12pm Group Swim Lessons</p> <p><b>Lifeguard Course 12pm-4:45pm</b> The Pool will remain open during this program</p>
<p><b>5</b></p> <p><b>Pool Hours: 1pm – 4:45pm</b></p> <p><b>Lifeguard Course 3:30-4:45pm</b> The Pool will remain open during this program</p>	<p><b>6</b></p> <p><b>**Pool Hours: 7:30am – 8pm**</b></p> <p>8-8:50am Deep Water Work 10-10:50am Aqua Power - Deep 12-1pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons 5-7pm Spring Swim Clinic</p> <p><b>Spring Swim Clinic 5-7pm</b> 2 Lap Lanes will be available for members</p>	<p><b>7</b></p> <p><b>**Pool Hours: 7:30am – 8pm**</b></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 5:35-6:30pm Deep Water Work</p> <p><b>Lifeguard Course 7:30pm-8pm</b> The Pool will remain open during this program</p>	<p><b>8</b></p> <p><b>**Pool Hours: 7:30am – 8pm**</b></p> <p>8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow &amp; 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 &amp; Deep 7-8pm YDub Tri Club - Crash Course</p> <p><b>YDub Tri Club 7-8pm</b> 2 Lap Lanes will be available for members</p>	<p><b>9</b></p> <p><b>**Pool Hours: 7:30am – 8pm**</b></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><b>Spring Swim Clinic 5-7pm</b> 2 Lap Lanes will be available for members</p>	<p><b>10</b></p> <p><b>**Pool Hours: 7:30am – 7pm**</b></p> <p>8-8:50am Deep Water Work (New) 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow &amp; Deep 12-1pm (3) Lap Lanes Available</p> <p><b>Lifeguard Course 6pm-7pm</b> The Pool will remain open during this program</p>	<p><b>11</b></p> <p><b>Pool Hours: 8am – 4:45pm</b></p> <p>9-12pm Group Swim Lessons</p> <p><b>Lifeguard Course 3pm-4:45pm</b> The Pool will remain open during this program</p>
<p><b>12</b></p> <p><b>Pool Hours: 1pm – 4:45pm</b></p> <p><b>Lifeguard Course 1pm-3pm</b> The Pool will remain open during this program</p>	<p><b>13</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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><b>Lifeguard Course 2pm-8pm</b> The Pool will remain open during this program</p> <p><b>Spring Swim Clinic 5-7pm</b> 2 Lap Lanes will be available for members</p>	<p><b>14</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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 5:35-6:30pm Deep Water Work</p> <p><b>Lifeguard Course 5:30pm-8pm</b> The Pool will remain open during this program</p>	<p><b>15</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></p> <p>8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow &amp; 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 &amp; Deep 7-8pm YDub Tri Club - Crash Course</p> <p><b>YDub Tri Club 7-8pm</b> 2 Lap Lanes will be available for members</p>	<p><b>16</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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><b>Spring Swim Clinic 5-7pm</b> 2 Lap Lanes will be available for members</p>	<p><b>17</b></p> <p><b>Pool Hours: 5:45am – 7pm</b></p> <p>7-7:50am Deep Water Work (New) 8-8:50am Deep Water Work (New) 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow &amp; Deep 12-12:30pm Aqua Tabata 12-1pm (3) Lap Lanes Available</p> <p><b>Lifeguard Course 2pm-7pm</b> The Pool will remain open during this program</p>	<p><b>18</b></p> <p><b>Pool Hours: 8am – 4:45pm</b></p> <p>8-40-9:30am Aqua Boxing &amp; Tabata 11:30-12:15pm (1) Lap Lanes Available 11:30-12:15pm Aqua Tabata (New) 9-12pm Group Swim Lessons</p> <p><b>Lifeguard Course 3pm-4:45pm</b> The Pool will remain open during this program</p>
<p><b>19</b></p> <p><b>Pool Hours: 1pm – 4:45pm</b></p> <p><b>Scuba Course 1pm-4:45pm</b> The Pool will remain open during this program</p> <p><b>Lifeguard Course 1pm-3pm</b> The Pool will remain open during this program</p>	<p><b>20</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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><b>Lifeguard Course 2pm-8pm</b> The Pool will remain open during this program</p>	<p><b>21</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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 5:35-6:30pm Deep Water Work</p> <p><b>Lifeguard Course 5:30pm-8pm</b> The Pool will remain open during this program</p>	<p><b>22</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></p> <p>8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow &amp; 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 &amp; Deep 7-8pm YDub Tri Club - Crash Course</p> <p><b>YDub Tri Club 7-8pm</b> 2 Lap Lanes will be available for members</p>	<p><b>23</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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><b>Lifeguard Course 4pm-8pm</b> The Pool will remain open during this program</p>	<p><b>24</b></p> <p><b>Pool Hours: 5:45am – 7pm</b></p> <p>7-7:50am Deep Water Work (New) 8-8:50am Deep Water Work (New) 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow &amp; Deep 12-12:30pm Aqua Tabata 12-1pm (3) Lap Lanes Available</p> <p><b>Lifeguard Course 2pm-7pm</b> The Pool will remain open during this program</p>	<p><b>25</b></p> <p><b>Pool Hours: 8am – 4:45pm</b></p> <p>8-40-9:30am Aqua Boxing &amp; Tabata 11:30-12:15pm (1) Lap Lanes Available 11:30-12:15pm Aqua Tabata (New) 9-12pm Group Swim Lessons</p> <p><b>Lifeguard Course 4pm-4:45pm</b> The Pool will remain open during this program.</p>
<p><b>26</b></p> <p><b>Pool Hours: 1pm – 4:45pm</b></p> <p><b>Lifeguard Course 2pm-4:45pm</b> The Pool will remain open during this program.</p>	<p><b>27</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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><b>Lifeguard Course 2pm-8pm</b> The Pool will remain open during this program</p>	<p><b>28</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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 5:35-6:30pm Deep Water Work</p> <p><b>Lifeguard Course 2pm-8pm</b> The Pool will remain open during this program</p>	<p><b>29</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></p> <p>8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow &amp; 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 &amp; Deep 7-8pm YDub Tri Club - Crash Course</p> <p><b>Lifeguard Course 5:30pm-8pm</b> The Pool will remain open during this program</p> <p><b>YDub Tri Club 7-8pm</b> 2 Lap Lanes will be available for members</p>	<p><b>30</b></p> <p><b>Pool Hours: 5:45am – 8pm</b></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><b>Lifeguard Course 4pm-8pm</b> The Pool will remain open during this program</p>	<p><b>31</b></p> <p><b>Pool Hours: 5:45am – 7pm</b></p> <p>7-7:50am Deep Water Work (New) 8-8:50am Deep Water Work (New) 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow &amp; Deep 12-12:30pm Aqua Tabata 12-1pm (3) Lap Lanes Available</p> <p><b>Lifeguard Course 6pm-7pm</b> The Pool will remain open during this program</p>	