

June 2019 - YWCA Pool Schedule

Mon - Thurs: 5:45am - 8pm (3 Lap Lanes Available 12:30pm-1:30pm)
Friday: 5:45am - 7pm (3 Lap Lanes Available 12:30pm-1:30pm)
Weekends: Saturday 8:00 am - 4:45 pm & Sunday 1:00 pm - 4:45 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1 8:40-9:30am Aqua Boxing & Tabata 9-12pm Group Swim Lessons</p> <p><u>Lifeguard Course 12pm-4:45pm</u> The Pool will remain open during this program.</p>
<p>2 <u>Lifeguard Course 1-4:45pm</u> The Pool will remain open during this program.</p>	<p>3 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi-Shallow 10-10:50am Aqua Power-Shallow 12:30-1:30pm (3) Lap Lanes Available</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>4 8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12:30-1:30pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons 5:35-6:25pm Deep Water Work</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>5 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons 5:30-6:15pm Aqua Boxing 6:15-7pm Aqua Cardio-Shallow & Deep</p>	<p>6 8-8:50am Deep Water Work 9:15-10:15am Aqua Yoga-Shallow 12:30-1:30pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>7 7-7:50am Deep Water Work 8-8:50am Deep Water Work 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available</p> <p><u>Lifeguard Course 6pm-7pm</u> The Pool will remain open during this program.</p>	<p>8 8:40-9:30am Aqua Boxing & Tabata 9-12pm Group Swim Lessons</p> <p><u>Lifeguard Course 12pm-4:45pm</u> The Pool will remain open during this program.</p>
<p>9 <u>Lifeguard Course 1-4:45pm</u> The Pool will remain open during this program.</p>	<p>10 8-8:50am Deep Water Work 9-9:45am Aqua Tai Chi-Shallow 10-10:50am Aqua Power-Shallow 12:30-1:30pm (3) Lap Lanes Available</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>11 8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12:30-1:30pm (3) Lap Lanes Available 5:35-6:25pm Deep Water Work</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>12 **Pool Closed All Day** No Swimming No Classes No Swim Lessons</p>	<p>13 8-8:50am Deep Water Work 9:15-10:15am Aqua Yoga-Shallow 12:30-1:30pm (3) Lap Lanes Available</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>14 7-7:50am Deep Water Work 8-8:50am Deep Water Work 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available</p> <p><u>Lifeguard Course 11am-8pm</u> The Pool will remain open during this program.</p>	<p>15 8:40-9:30am Aqua Boxing & Tabata 9-12pm Group Swim Lessons</p>
<p>16</p>	<p>17 8-8:50am Deep Water Work 12:30-1:30pm (3) Lap Lanes Available 1:30-2:25pm Hydro-Maniac (New) 3:30-5:30pm Group Swim Lessons</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>18 8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 12:30-1:30pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons 5:35-6:25pm Deep Water Work</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>19 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow & Deep 11:30am-3pm Pool Closed 3:30-5:30pm Group Swim Lessons 6:15-7pm Aqua Cardio-Shallow & Deep</p> <p>**Pool Closure** The Pool will be closed from 11:30am-3pm for Chair Lift Installation.</p>	<p>20 8-8:50am Deep Water Work 9:15-10:15am Aqua Yoga-Shallow 12:30-1:30pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>21 7-7:50am Deep Water Work 8-8:50am Deep Water Work 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available</p>	<p>22 9-12pm Makeup Swim Lessons (If Needed)</p>
<p>23</p>	<p>24 8-8:50am Deep Water Work 12:30-1:30pm (3) Lap Lanes Available 1:30-2:25pm Hydro-Maniac (New) 3:30-5:30pm Group Swim Lessons</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>25 8-8:50am Deep Water Work 9:10-10am Aqua Arthritis Energizer 10:30-11:30am DYP Swim Lessons 12-12:55pm Pop Up Aqua Fit Shallow 12:30-1:30pm (3) Lap Lanes Available 4-5:30pm Group Swim Lessons 5:35-6:25pm Deep Water Work</p> <p><u>DYP Swim Lessons 10:30-11:30am</u> Deep End & 2 lanes open for members</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>26 8-8:50am Deep Water Work 9-9:50am Deep Water Work 10-10:50am Aqua Power-Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available 3:30-5:30pm Group Swim Lessons 6:15-7pm Aqua Cardio-Shallow & Deep</p> <p><u>DYP Swim Lessons 11am-12pm</u> Deep End & 2 lanes open for members</p>	<p>27 8-8:50am Deep Water Work 9:15-10:15am Aqua Yoga-Shallow 12:30-1:30pm (3) Lap Lanes Available 1-1:55pm Pop Up - Aqua Fit Deep 4-5:30pm Group Swim Lessons</p> <p><u>DYP Swim Lessons 11:30am-12:30pm</u> Deep End & 2 lanes open for members</p> <p><u>Lifeguard Course 2pm-8pm</u> The Pool will remain open during this program.</p>	<p>28 7-7:50am Deep Water Work 8-8:50am Deep Water Work 9:10-9:50am Shallow Water Work 10-10:50am Aqua Power-Shallow & Deep 12:30-1:30pm (3) Lap Lanes Available</p>	<p>29 9-12pm Makeup Swim Lessons (If Needed)</p>
<p>30</p>						

****The Lifeguard Courses could be in the classroom or pool during the designated times.****