

**eliminating racism
empowering women**

ywca


Central Carolinas

**YWCA
IS ON A
MISSION**

Fall Pool Schedule (Sep - Nov)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Deep Water Work Debbie 8-8:50am 2 Lanes Available</p> <p>Shallow Water Stretch Donna 9-9:50am 2 Lanes Available</p> <p>Aqua Power Jody Starting 7/15 10-10:50am 2 Lanes Available</p> <p>(3) Lap Lanes Available 12:00-1:00 3 Lanes Available</p> <p>\$ Group \$ \$ Swim Lessons \$ 3:30-5:30pm 2 Lanes Available</p> <p>\$ Swim Clinic \$ 9/16 - 11/6 5:00-7:00pm 2 Lanes Available</p>	<p>Deep Water Work Debbie 8-8:50am 2 Lanes Available</p> <p>Aqua Arthritis Energizer Cynthia 9:10-10am 2 Lanes Available</p> <p>(3) Lap Lanes Available 12:00-1:00 3 Lanes Available</p> <p>\$ Group \$ \$ Swim Lessons \$ 3:30-6:30pm 2 Lanes Available</p> <p>Deep Water Work Donna 5:35-6:25pm 2 Lanes Available</p>	<p>Deep Water Work Debbie 8-8:50am 2 Lanes Available</p> <p>Deep Water Work Debbie 9-9:50am 2 Lanes Available</p> <p>Aqua Power Shallow & Deep Rose 10-10:50am 2 Lanes Available</p> <p>(3) Lap Lanes Available 12:00-1:00 3 Lanes Available</p> <p>\$ Group \$ \$ Swim Lessons \$ 3:30-5:30pm 2 Lanes Available</p> <p>\$ Swim Clinic \$ 9/16 - 11/6 5:00-7:00pm 2 Lanes Available</p> <p>\$ HIIT Swim \$ 9/4-10/2 7:00-8:00pm 1-2 Lanes Available</p>	<p>Deep Water Work Debbie 8-8:50am 2 Lanes Available</p> <p>Aqua Yoga Leslie 9:15-10:15am 2 Lanes Available</p> <p>(3) Lap Lanes Available 12:00-1:00 3 Lanes Available</p> <p>\$ Group \$ \$ Swim Lessons \$ 3:30-6:30pm 2 Lanes Available</p> <p>Aqua Cardio - Deep Donna 5:30-6:15pm 2 Lanes Available</p>	<p>Deep Water Work Donna 8-8:50am 2 Lanes Available</p> <p>Shallow Water Work Shelley 9:10-9:50am 2 Lanes Available</p> <p>Aqua Power Shallow & Deep Shelley 10-10:50am 2 Lanes Available</p> <p>(3) Lap Lanes Available 12:00-1:00 3 Lanes Available</p>	<p>\$ Group \$ \$ Swim Lessons \$ 9-12pm 2 Lanes Available</p> <p>Pool Operating Hours Mon - Thurs: 5:45am - 8pm Friday: 5:45am - 7pm Saturday: 8am - 4:45pm Sunday: 1pm - 4:45pm There is always Open Swim and (2) Lap Lanes available unless specified.</p> <p>Labor Day Pool Hours Mon. Sep. 2nd: 8am - 4:45pm No Swim Lessons or Water Aerobic Classes Scheduled</p>	

Special Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>\$ Swim Clinic \$ 9/16 - 11/6 5:00-7:00pm 2 Lanes Available</p> <p>Labor Day Hours (Mon Sep 2nd) 8am - 4:45pm No Swim Lessons No Water Aerobics</p>		<p>\$ Swim Clinic \$ 9/16 - 11/6 5:00-7:00pm 2 Lanes Available</p> <p>\$ HIIT Swim \$ 9/4-10/2 7:00-8:00pm 1-2 Lanes Available</p>		<p>\$ Parents Night Out \$ Oct 25th 5:30pm-8pm 2 Lanes Available until 7pm</p> 		

Class Descriptions

Aqua Arthritis Energizer

Gain strength and flexibility with gentle activities in the water with guidance from an Arthritis Foundation certified instructor.

Aqua Power

Get a full body workout with a variety of cardio and strength training exercises in the shallow and deep ends of the pool.

Aqua Cardio

Develop strength with cardio conditioning exercises, strength intervals and core training in both the shallow and deep ends of the pool.

Deep Water Work

Burn calories with general aerobics and tone muscles with strength exercises.

Shallow Water Work

Same as deep water work. However, for those that aren't comfortable in deep water this is the class for you.

Aqua Yoga

Basic yoga stretches and postures using the light gravity of water to help cushion the joints.

Shallow Water Stretch

This class is gentle on the joints and uses the resistance of the water to help tone muscles.