

**eliminating racism  
empowering women**

**ywca**

Central Carolinas

**YWCA  
IS ON A  
MISSION**

**March Pool Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep Water Work</b> Debbie 8-8:50am 2 Lanes Available	<b>Deep Water Work</b> Debbie 8-8:50am 2 Lanes Available	<b>Deep Water Work</b> Debbie 8-8:50am 2 Lanes Available	<b>Deep Water Work</b> Debbie 8-8:50am 2 Lanes Available			
<b>Shallow Water Stretch</b> Jan 9-9:50am 2 Lanes Available		<b>Deep Water Work</b> Debbie 9-9:50am 2 Lanes Available	<b>Aqua Yoga</b> Leslie 9am-9:55am 2 Lanes Available	<b>Shallow Water Work</b> Shelley 9:10-9:50am 2 Lanes Available	<b>\$ Group \$ \$ Swim Lessons \$</b> 9-12pm 2 Lanes Available	
<b>Aqua Power</b> Jody 10-10:50am 2 Lanes Available	<b>Aqua Arthritis Energizer</b> Jan 10am-10:50am 2 Lanes Available	<b>Aqua Power Shallow &amp; Deep</b> Rose 10-10:50am 2 Lanes Available		<b>Aqua Power Shallow &amp; Deep</b> Shelley 10-10:50am 2 Lanes Available		
<b>(3) Lap Lanes Available</b> 12:00-1:00 3 Lanes Available	<b>(3) Lap Lanes Available</b> 12:00-1:00 3 Lanes Available	<b>(3) Lap Lanes Available</b> 12:00-1:00 3 Lanes Available	<b>(3) Lap Lanes Available</b> 12:00-1:00 3 Lanes Available	<b>(3) Lap Lanes Available</b> 12:00-1:00 3 Lanes Available		
<b>\$ Group \$ \$ Swim Lessons \$</b> 3:30-5:30pm 1-2 Lanes Available	<b>\$ Group \$ \$ Swim Lessons \$</b> 3:30-5:30pm 2 Lanes Available	<b>\$ Group \$ \$ Swim Lessons \$</b> 3:30-5:30pm 1-2 Lanes Available	<b>\$ Group \$ \$ Swim Lessons \$</b> 3:30-5:30pm 1-2 Lanes Available			
<b>\$ Orange Crush \$ \$ Swim Team \$ \$ Practice \$</b> 5:00pm-7:30pm 1 Lane Available Last practice is 3/5		<b>\$ Orange Crush \$ \$ Swim Team \$ \$ Practice \$</b> 5:00pm-7:30pm 1 Lane Available Last practice is 3/5	<b>\$ Orange Crush \$ \$ Swim Team \$ \$ Practice \$</b> 5:00pm-7:30pm 1 Lane Available Last practice is 3/5			
	<b>\$ Master \$ \$ Your Swim \$</b> 6:30pm-7:30pm 1 Lane Available					
					<b>Pool Operating Hours</b> 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.	

**Special Events**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>\$ Lifeguard Class \$</b> 3/2, 3/30 7:30pm-8pm 2 Lanes Available		<b>\$ Lifeguard Class \$</b> 3/11, 3/18 7:30pm-8pm 2 Lanes Available	<b>\$ Lifeguard Class \$</b> 3/26, 7:30pm-8pm 2 Lanes Available		<b>\$ Lifeguard Class \$</b> 3/7, 3/14, 3/28 2pm-5pm 2 Lanes Available	<b>\$ Lifeguard Class \$</b> 3/5, 3/15, 3/22, 3/29 2pm-5pm 2 Lanes Available

# 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.