

# February Pool Calendar

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am to 7:45am	Swim Reservation 7am-7:45am 5 lanes available by reservation	Swim Reservation 7am-7:45am 5 lanes available by reservation	Swim Reservation 7am-7:45am 5 lanes available by reservation	Swim Reservation 7am-7:45am 5 lanes available by reservation	Swim Reservation 7am-7:45am 5 lanes available by reservation		
8:00am to 8:45am	Swim Reservation 8am-8:45am 5 lanes available by reservation	Aqua Power Instructor: Shelley 8am-8:45am Max: 15 Participants	Swim Reservation 8am-8:45am 5 lanes available by reservation	Swim Reservation 8am-8:45am 5 lanes available by reservation	Swim Reservation 8am-8:45am 5 lanes available by reservation	Swim Reservation 8am-8:45am 5 lanes available by reservation	
9:00am to 9:45am	Aqua Arthritis Energizer Instructor: Jan 9am-9:45am Max: 15 Participants	Swim Reservation 9am-9:45am 5 lanes available by reservation	Aqua Power Instructor: Jody 9am-9:45am Max: 15 Participants	Swim Reservation 9am-9:45am 5 lanes available by reservation	Shallow Water Work Instructor: Shelley 9am-9:45am Max: 15 Participants	Swim Reservation 9am-9:45am 5 lanes available by reservation	
10:00am to 10:45am	Aqua Power Shallow Instructor: Jody 10-10:45am Max: 15 Participants	Swim Reservation 10am-10:45am 5 lanes available by reservation	Aqua Yoga Instructor: Rose 10-10:45am Max: 15 Participants	Aqua Arthritis Energizer Instructor: Jan 10-10:45am Max: 15 Participants	Aqua Power Shallow Instructor: Shelley 10-10:45am Max: 15 Participants	Swim Reservation 10am-10:45am 5 lanes available by reservation	
11:00am to 11:45am	**Hybrid Swim** 11am-11:45am 4 Lanes available by reservation	Swim Reservation 11am-11:45am 5 lanes available by reservation	Swim Reservation 11am-11:45am 5 lanes available by reservation	**Hybrid Swim** 11am-11:45am 4 Lanes available by reservation	Swim Reservation 11am-11:45am 5 lanes available by reservation	Swim Reservation 11am-11:45am 5 lanes available by reservation	
12:00pm to 12:45pm	**Hybrid Swim** 12pm-12:45pm 4 lanes available <small>1 lane will be used for Personal Training. The other 4 lanes will be available for reservation.</small>	Swim Reservation 12pm-12:45pm 5 lanes available by reservation	Swim Reservation 12pm-12:45pm 5 lanes available by reservation	**Hybrid Swim** 12pm-12:45pm 4 lanes available <small>1 lane will be used for Personal Training. The other 4 lanes will be available for reservation.</small>	Swim Reservation 12pm-12:45pm 5 lanes available by reservation		
1:00pm to 1:45pm							Swim Reservation 1pm-1:45pm 5 lanes available by reservation
2:00pm to 2:45pm							Swim Reservation 2pm-2:45pm 5 lanes available by reservation
3:00pm to 3:45pm	Swim Reservation 3pm-3:45pm 5 lanes available by reservation	Swim Reservation 3pm-3:45pm 5 lanes available by reservation	Swim Reservation 3pm-3:45pm 5 lanes available by reservation	Swim Reservation 3pm-3:45pm 5 lanes available by reservation	Swim Reservation 3pm-3:45pm 5 lanes available by reservation		Swim Reservation 3pm-3:45pm 5 lanes available by reservation
4:00pm to 4:45pm	Swim Reservation 4pm-4:45pm 5 lanes available by reservation	Swim Reservation 4pm-4:45pm 5 lanes available by reservation	Swim Reservation 4pm-4:45pm 5 lanes available by reservation	Swim Reservation 4pm-4:45pm 5 lanes available by reservation	Swim Reservation 4pm-4:45pm 5 lanes available by reservation		Swim Reservation 4pm-4:45pm 5 lanes available by reservation
5pm to 5:45pm	Swim Reservation 5pm-5:45pm 5 lanes available by reservation	Swim Reservation 5pm-5:45pm 5 lanes available by reservation	Swim Reservation 5pm-5:45pm 5 lanes available by reservation	Swim Reservation 5pm-5:45pm 5 lanes available by reservation	Swim Reservation 5pm-5:45pm 5 lanes available by reservation		
6pm to 6:45pm	Swim Reservation 6pm-6:45pm 5 lanes available by reservation	Swim Reservation 6pm-6:45pm 5 lanes available by reservation	Swim Reservation 6pm-6:45pm 5 lanes available by reservation	Swim Reservation 6pm-6:45pm 5 lanes available by reservation	Swim Reservation 6pm-6:45pm 5 lanes available by reservation		
7pm to 7:45pm	Swim Team Prep 7pm-7:45pm No Lanes Available		Swim Team Prep 7pm-7:45pm No Lanes Available				

## February Pool Hours of Operation

Mon - Fri: 7am-12:45pm

Saturday: 8am-11:45am

Mon - Fri: 3pm-6:45pm

Sunday: 1pm - 4:45pm

# Index / Descriptions

**YWCA  
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MISSION**

## **Water Aerobics - Aqua Arthritis Energizer**

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

## **Water Aerobics - 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.

## **Water Aerobics - Shallow Water Work**

Focusing on cardio, strength, balance and posture, this class will keep you moving at your own desired intensity level.

## **Water Aerobics - Aqua Yoga**

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

## **Swim Reservation**

- All non-class swimming is done by reservation.
- You can make a reservation online or by calling the front desk at 704-525-5770.
- All types of swimming is welcome (Lap Swim, Free Swim, Family Swim, Water jogging, etc.).
- Lanes may accommodate one (1) household per lane (Limit of 5 per lane)
- Swimming will be limited 45-minute time blocks at the beginning of the hour.
- 5 lanes will be available to reserve online.
- You can make it up to 5 days in advance. Each day's reservation window will close at 11:59pm prior to that day (for example all reservations for a Tuesday swim will close at 11:59pm on Monday evening)
- Continuous failure to show up for a pre-booked reservation may revoke a member's ability to reserve a lane in the future as we would like to ensure the service is fair to everyone.
- Complimentary use of pool floats (pull-buoys, kickboards, jogging belts, etc.) and shared exercise equipment have been temporarily removed from service.
- Sharing of equipment will be prohibited. All swimmers should bring their own personal equipment to use (kick board, pool buoys, fins, goggles, noodles, etc.)
- All lost and found items will be disposed of at the end of the day.

## **Hybrid Swim**

1 lane will be used for Personal Training. The other 4 lanes will be available for reservation.