

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Fitness Center Hours:
Mon - Thurs: 7am - 9pm
Friday: 7am - 8pm
Saturday & Sunday: 8am - 8pm

Pool Hours:
Mon - Thurs: 7am-7:50pm
Friday: 7am-5:50pm
Saturday: 8am-12:50pm
Sunday: 12pm - 4:50pm

Childcare Hours:
Monday - Thursday: 9:30am - 11:30am
Monday - Thursday: 5:00pm - 7:00pm
Friday: 8am-11am
Saturday: 8am-12pm

Water Aerobics

Our aquatic classes are hybrid classes. Participants are able to use belts (flotation devices) allowing them to go into the deep end of the pool while still having support. This allows these classes to utilize space in both the shallow and deep ends.

Water Aerobics - Aqua Power

Get a high energy, full body workout with a variety of cardio, balance and strength training exercises in the pool.

Water Aerobics - Stretch & Swim

Low impact movements combining strength work and balance holds, finishing with an invigorating stretch session.

Water Aerobics - Aqua Intervals

Aqua Intervals brings interval training to the water! Participants can use the shallow or deep end to follow an interval style workout designed to push your body. Class will begin with a warm up and be followed by the intervals.

Water Aerobics - Aqua Zumba

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

On Your Own - OYO (Lanes 4-5)

This open water time allows you to do your own workout. Equipment is available for use during this time.

Pool Hours:

Mon - Thurs: 7am-7:50pm

Friday: 7am-5:50pm

Saturday: 8am-12:50pm

Sunday: 12pm - 4:50pm

**eliminating racism
empowering women**

ywca

Central Carolinas

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 are welcome (Lap Swim, Free Swim, Family Swim, Water jogging, etc.).
- Lanes 1 may accommodate one (1 reservation per lane. Lanes 2, 3, 4, and 5 may accommodate two (2) reservations per lane.
- Swimming will be limited 50-minute time blocks at the beginning of the hour.
- 5 lanes will be available to reserve online. You can make it up to 7 days in advance.
- 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.
- All lost and found items will be disposed of at the end of the day.

Orange Crush Swim Team (Ages 7+)

This is a fee based program. For more information, please visit ywcacentralcarolinas.org/orange-crush.