YWCA Central Carolinas November Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	
Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	
Swim Res. (Lanes 1-3) OYO (Lanes 4-5) 9am-9:50am	Swim Reservation OYO (Lanes 4-5) 9am-9:50am	Swim Res. (Lanes 1-3) OYO (Lanes 4-5) 9am-9:50am	Aqua Power 9am-9:45am Giulia	Aqua Intervals 9am-9:45am Shelley	Swim Reservation 9am-9:50am	
Aqua Power 10am-10:45am Rotating Instructors	Aqua Power 10am-10:45am Natasha	Aqua Zumba 10am-10:45am Irina	Swim Reservation 10am-10:50am	Aqua Power 10am-10:45am Giulia	Swim Reservation 10am-10:50am	
Swim Reservation 11am-11:50am	Swim Reservation 11am-11:50am	Aqua Stretch & Swim 11am-11:45am Elizabeth	Swim Reservation 11am-11:50am	Swim Reservation 11am-11:50am	Swim Reservation 11am-11:50am	
Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm
Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm		Swim Reservation 1pm-1:50pm
Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm		Swim Reservation 2pm-2:50pm
Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm		Swim Reservation 3pm-3:50pm
Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm		Swim Reservation 4pm-4:50pm
*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm		
*Orange Crush (1-3)	*Orange Crush (1-3)	*Orange Crush (1-3)	*Orange Crush (1-3)			
Swim Reservation 6pm-6:50pm	Swim Reservation 6pm-6:50pm	Swim Reservation 6pm-6:50pm	Swim Reservation 6pm-6:50pm			
Swim Reservation 7pm-7:50pm	Swim Reservation 7pm-7:50pm	Swim Reservation 7pm-7:50pm	Swim Reservation 7pm-7:50pm			

***(During Orange Crush Swim Team, there will be swim reservations available but there will be very limited lanes available.)**

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

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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.