

## YWCA Spring 1 Lap Pool Schedule • February 8 - April 10, 2010

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-9 am	Adult Swim/Lap Swim	5-9:30 am Adult Swim/Lap Swim	Adult Swim/Lap Swim	5-9:30 am Adult Swim/Lap Swim	Adult Swim/Lap Swim	7-9 am Adult Swim/Lap Swim
9-10 am	Deep Water Aerobics	8:45-9:30 am Adult Swim Lessons	Deep Water Aerobics	8:45-9:30 am Adult Swim Lessons	Deep Water Aerobics	9-9:45 am Water Tots Toddler I Beginner I & II
9:30-10:15 am	Child Care Lessons	Little Tots Toddler I	Child Care Lessons	Little Tots Water Tots Toddler I	10-11:45 am Open Swim/Lap Swim	
10:15-11 am	Water Tots Advanced Toddler	Toddler I & II	Child Care Lessons	Little Tots Toddler II		9:45-10:30 am Water Tots Toddler I Beginner I & II
11-11:45 am	Toddler I & II	Water Tots Toddler I	Water Tots Toddler I	Water Tots Advanced Toddler		
11:45 am-1 pm	Adult Swim Lap Swim	Adult Swim Lap Swim	11 am-noon Adult Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	10:30-11:15 am Advanced Beginner Intern. & Swimmers Jr. Lifeguard
1-1:45 pm	Child Care Lessons	Water Tots Toddler I	noon-1:30 pm Rental		1-5 pm Open Swim/Lap Swim	
1:45-2:30 pm	Toddler I & II Home School	Advanced Toddler	Toddler I & II Home School			11:15 am-noon Water Tots Toddler I Beginner I & II
2:30-4 pm	Open Swim/Lap Swim	Open Swim/Lap Swim	Open Swim/Lap Swim	Open Swim/Lap Swim		
4-4:45 pm	Toddler I Beginner I & II	Beginner I & II Advanced Beginner	Toddler I Beginner I & II	Beginner I & II Advanced Beginner		Noon-2 pm Open Swim/Lap Swim
4:45-5:30 pm	Advanced Beginner Intern. & Swimmers	Little Tots Toddler I Beginner II	Advanced Beginner Intern. & Swimmers	Water Tots Toddler I Beginner II	5-6 pm Adult Swim Lap Swim	
5:30-6:15 pm	Adult Swim Lap Swim	Adult Swim Lap Swim Deep Water Aerobics	Adult Swim Lap Swim	Adult Swim Lap Swim Deep Water Aerobics	6-8 pm Open Swim	Pool closes at 2 pm
6:15-7 pm	Little Tots Water Tots Beginner I	Water Tots Toddler I Beginner II	Water Tots Toddler I Beginner I	Water Tots Toddler I Beginner II	<b>Lap Pool Only:</b> 2/12, 2/26, 3/12, 3/26, 4/9	
7-7:45 pm	Beginner I & II Advanced Beginner	Intern. & Swimmers Pre Swim Team	Beginner I & II Advanced Beginner	Intern. & Swimmers Pre Swim Team	Pool closes at 8 pm	

## YWCA Spring 1 Exercise Pool Schedule • February 8 - April 10, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:15 am • H2O Yoga	6:30-7:15 am • Aqua Aerobics		6:30-7:15 am • Aqua Aerobics		
7:15-8 am • Aqua Aerobics	7:30-8:15 am Aqua Aerobics w/Jets	7:15-8 am • Aqua Aerobics	7:30-8:15 am Aqua Aerobics w/Jets	7:15-8 am • Aqua Aerobics	
8-8:45 am • Aqua Aerobics	8:15-9 am • Aqua Aerobics	8-8:45 am • Aqua Aerobics	8:15-9 am • Aqua Aerobics	8-8:45 am Water Pilates	8-9 am Water Pilates
8:45-9:30 am Joint Movement+	9-10:30 am Child Care Play Swim Open Swim	8:45-9:30 am Joint Movement+	9-9:45 am Child Care Play Swim	8:45-9:30 am Joint Movement+	9 am-2 pm Open Swim
9:30-10:15 am ENCORE Fit Water Joint Movement+		9:30-10:15 am ENCORE Fit Water Joint Movement+	Open Swim	9:30-10:15 am H2O Yoga	
10:15-11 am • Water Tai Chi	10:45-11:30 am Joint Movement	10:15-11 am • Water Tai Chi	10:45-11:30 am Joint Movement	10:15-11:15 am Child Care Swim	
11-11:45 am • Joint Movement		11-11:45 am • Joint Movement		5-8 pm Open Swim  <b>Exercise Pool Only:</b> 2/19, 3/5, 3/19, 4/2  Pool closes at 2 pm	
	3:15-4 pm • Joint Movement+	4-5 pm • Open Swim	3:15-4 pm • Joint Movement+		
4:15-5 pm • Water Pilates	4-4:45 pm Water Walking with Jets	4:15-5 pm Water Walking with Jets	4-4:45 pm Water Walking with Jets		
5-5:30 pm • H2O Circuit	4:45-5:30 pm • Aqua Aerobics	5-5:30 pm • H2O Circuit	4:45-5:30 pm • Aqua Aerobics		
5:30-6:30 pm Aqua Aerobics w/Jets	5:30-6:15 pm • H2O Yoga	5:30-6:15 pm • Aqua Aerobics	5:30-6:15 pm • Aqua Aerobics	Pool closes at 8 pm	
6:30-8 pm • Open Swim	6:15-7 pm • Parent Tot	6:15-8 pm • Open Swim	6:15-7 pm • Parent Tot		