

YWCA Lap Pool Schedule • April 7-June 7, 2008

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		Deep Water Aerobics		Deep Water Aerobics	9-9:45 am Water Tots Toddler 1 Beginner 1 & 2
9:30-10:15 am	9-10:15 Daycare Lessons	Daycare Lessons	9-10:15 Daycare Lessons	Water Tots Toddler 1	10-11:45 am Open Swim/Lap Swim	9:45-10:30 am Water Tots Toddler 1 Beginner 1 & 2
10:15-11 am	Water Tots Advanced Toddler	Toddler 1 & 2	Daycare Lessons	Daycare Lessons Toddler 2		
11-11:45 am	Toddler 1 & 2	Water Tots Toddler 1	Water Tots Toddler 1	Water Tots Advanced Toddler		
11:45 am-1 pm	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	
1-1:45 pm	Water Tots Toddler 1	Water Tots Toddler 1	Water Tots Toddler 1		1-5 pm Open Swim/Lap Swim	10:30-11:15 am Advanced Beginner Interm. & Swimmers
1:45-2:30 pm	Toddler 1 & 2 Home School	Advanced Toddler	Toddler 1 & 2 Home School			11:15 am-noon Water Tots Toddler 1 Beginner 1 & 2
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 1 Beginner 1 & 2	Beginner 1 & 2 Advanced Beginner	Toddler 1 Beginner 1 & 2	Beginner 1 & 2 Advanced Beginner		
4:45-5:30 pm	Advanced Beginner Interm. & Swimmers	Water Tots Toddler 1 Beginner 2	Beginner 1 & 2 Advanced Beginner	Water Tots Toddler 1 Beginner 2	5-6 pm Adult Swim Lap Swim	noon-12:45 pm Advanced Beginner Interm. & Swimmers
5:30-6:15 pm	Adult Swim Lap Swim	Adult Swim Lap Swim	Interm. & Swimmers Adult Swim Lap Swim	Adult Swim Lap Swim	6-8 pm Open Swim	
6:15-7 pm	Water Tots Toddler 1 Beginner 1	Water Tots Toddler 1 Beginner 2	Water Tots Toddler 1 Beginner 1	Water Tots Toddler 1 Beginner 2		12:45-2 pm Adult Swim/Lap Swim
7-7:45 pm	Beginner 1 & 2 Advanced Beginner	Interm. & Swimmers Swim Club	Beginner 1 & 2 Advanced Beginner	Interm. & Swimmers Swim Club		Pool closes at 8 pm

YWCA Exercise Pool Schedule • April 7-June 7, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-7:15 am Aqua Aerobics		6:30-7:15 am Aqua Aerobics		9 am-2 pm Open Swim
	7:30-8:15 am Aqua Aerobics w/Jets		7:30-8:15 am Aqua Aerobics w/Jets		
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 Aqua Aerobics	
8:45-9:30 am Joint Movement+	9-10:30 am Daycare Play Swim Open Swim	8:45-9:30 am Joint Movement+	9-9:45 am Daycare Play Swim Open Swim	8:45-9:30 am Joint Movement+	
9:30-10:15 am Cancer Fit Water Joint Movement+		9:30-10:15 am Cancer Fit Water Joint Movement+	9:45-10:30 am Parent Tot Open Swim	9:30-10:15 am Aqua Dance	
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 Daycare Swim	
11-11:45 am Joint Movement	11:30 am-12:15 pm Move With Ease	11-11:45 am Joint Movement	11:30 am-12:15 pm Move With Ease		
11:45 am-12:15 pm H2O Circuit		11:45 am-12:15 pm H2O Circuit			
	3:15-4 pm Joint Movement+		3:15-4 pm Joint Movement+		
	4-4:45 pm Open Swim		4-4:45 pm Open Swim		
5-5:30 pm H2O Circuit	4:45-5:30 pm Cancer Fit Water Joint Movement+	5-5:30 pm H2O Circuit	4:45-5:30 pm Cancer Fit Water Joint Movement+	5-8 pm Open Swim	
5:30-6:15 pm Aqua Aerobics w/Jets	5:30-6:15 pm Aqua Aerobics	5:30-6:15 pm Aqua Aerobics	5:30-6:15 pm Aqua Aerobics	Pool closes at 8 pm	
6:15-7 pm Water Pilates	6:15-7 pm Parent Tot Lessons	6:15-8 pm Open Swim	6:15-8 pm Open Swim		



YWCA Lap Pool Schedule • June 9-August 23, 2008

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-8:30 am	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	7-9 am Adult Swim
8:30-9:15	8:15-9:15 Deep Water Aerobics	Water Tots Toddler 1 Beginner 2	8:15-9:15 Deep Water Aerobics	Water Tots Toddler 1 Beginner 2	8:15-9:15 Deep Water Aerobics	9-11 am Open Swim Pool closes at 11 am
9:15-10 am	Water Tots Toddler 1 Beginner 1 & 2	Water Tots Toddler 1 Beginner 1 & 2	Beginner 1 & 2 Advanced Beginner	Water Tots Toddler 1 Beginner 1 & 2	9:15-11:30 am Open Swim	
10-10:45 am	Beginner 2 Advanced Beginner	Toddler 1 & 2 Beginner 1 & 2	Water Tots Toddler 1	Toddler 1 & 2 Beginner 1 & 2		
10:45-11:30 am	Water Tots Toddler 1	Advanced Beginner Interm. & Swimmers	Beginner 2 Advanced Beginner	Advanced Beginner Interm. & Swimmers		
11:30 am-12:45 pm	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	
12:45-1:30 pm	Rental	Rental	Rental	Rental	Rental	
1:30-2:15 pm	Rental	Rental	Rental	Rental	Rental	
2:15-3:15 pm	Rental	Rental	Rental	Rental	2:15-5 pm Open Swim	
3:15-4 pm	Water Tots Toddler 1 Beginner 2	Advanced Beginner Interm. & Swimmers	Water Tots Beginner 1 & 2	Advanced Beginner Interm. & Swimmers		
4-4:45 pm	Advanced Beginner Interm. & Swimmers	Toddler 1 Beginner 1 & 2	Advanced Beginner Interm. & Swimmers	Toddler 1 Beginner 1 & 2	5-6 pm Adult Swim	
4:45-5:30 pm	Water Tots Toddler 1 Beginner 2	Water Tots Toddler 1 Beginner 1	Water Tots Toddler 1 Beginner 2	Water Tots Toddler 1 Beginner 1		
5:30-6:15 pm	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	Adult Swim Lap Swim	6-8 pm Open Swim	
6:15-7 pm	Water Tots Toddler 1 Beginner 1	Water Tots Toddler 1 Beginner 2	Water Tots Toddler 1 Beginner 1	Water Tots Toddler 1 Beginner 2		
7-7:45 pm	Beginner 1 & 2 Advanced Beginner	Interm. & Swimmers Swim Club	Beginner 1 & 2 Advanced Beginner	Interm. & Swimmers Swim Club	Pool closes at 8 pm	

YWCA Exercise Pool Schedule • June 9-August 23, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-7:15 am Aqua Aerobics		6:30-7:15 am Aqua Aerobics		Pool Closed Saturdays During Summer Session
	7:30-8:15 am Aqua Aerobics w/Jets		7:30-8:15 am Aqua Aerobics w/Jets		
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 Aqua Aerobics	
8:45-9:30 am Joint Movement+	9-10:30 am Daycare Play Swim Open Swim	8:45-9:30 am Joint Movement+	9-9:45 am Daycare Play Swim Open Swim	8:45-9:30 am Joint Movement+	
9:30-10:15 am ENCORE Water Fit Joint Movement+		9:30-10:15 am ENCORE Water Fit Joint Movement+	9:45-10:30 am Parent Tot	9:30-10:15 am Aqua Dance	
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 am Daycare Swim	
11-11:45 am Joint Movement	11:30 am-12:15 pm Move With Ease	11-11:45 am Joint Movement	11:30 am-12:15 pm Move With Ease	11 am-2:15 pm Open Swim	
11:45 am-12:15 pm H2O Circuit		11:45 am-12:15 pm H2O Circuit			
12:15-2:15 pm Rental	12:15-3:15 pm Rental	12:15-2:15 pm Rental	12:15-3:15 pm Rental	2:15-3:15 pm Rental	
2:30-5 pm Open Swim	3:15-4 pm Joint Movement+	2:30-5 pm Open Swim	3:15-4 pm Joint Movement+	3:15-8 pm Open Swim Pool closes at 8 pm	
	4-4:45 pm Open Swim		4-4:45 pm Open Swim		
5-5:30 pm H2O Circuit	4:45-5:30 pm ENCORE Water Fit Joint Movement+	5-5:30 pm H2O Circuit	4:45-5:30 pm ENCORE Water Fit Joint Movement+		
5:30-6:15 pm Aqua Aerobics w/Jets	5:30-6:15 pm Aqua Aerobics	5:30-6:15 pm Aqua Aerobics	5:30-6:15 pm Aqua Aerobics		
6:15-8 pm Open Swim	6:15-7 pm Parent Tot Lessons	6:15-8 pm Open Swim	6:15-8 pm Open Swim		