

Swimming at the YWCA

Adult Swim / Lap Swim / Open Swim

- **POOLS: 2 Pools – Both are always 88 degrees**
 - **Exercise Pool:** maximum depth 4 ½ feet; whirlpool; kids play area is 2 ½ feet deep with fountains; resistance jets for water walking; ramp entry option
 - **Lap Pool:** maximum depth 10 feet; up to four 25-yard swimming lanes for lap swim; chair lift entry option; observation area; separate hot tub / whirlpool
- **3 types of swim options**
 - **Open Swim:** all ages welcome
 - **Adult Swim:** adults only
 - **Lap Swim:** teens/adults, swimming lanes available
- **Locker Rooms:** Family; Women & Children; Women Only; Men Only

Spring 1 2019 YWCA Pool Schedule			
January 28, 2019 – April 6, 2019			
DAY	TIME	TYPE	POOL
Monday	5:00 am - 8:30 am	Adult Swim / Lap Swim	Lap Pool
Monday	11:45 am - 1:00 pm	Adult Swim / Lap Swim	Lap Pool
Monday	2:30 pm - 4:00 pm	OPEN SWIM	Lap Pool
Monday	5:30 pm – 6:15 pm	Adult Swim / Lap Swim	Lap Pool
Tuesday	5:00 am - 8:30 am	Adult Swim / Lap Swim	Lap Pool
Tuesday	11:45 am - 1:00 pm	Adult Swim / Lap Swim	Lap Pool
Tuesday	2:30 pm - 4:00 pm	OPEN SWIM	Lap Pool
Tuesday	5:30 pm – 6:15 pm	Adult Swim	Lap Pool
Wednesday	5:00 am - 8:30 am	Adult Swim / Lap Swim	Lap Pool
Wednesday	11:45 am - 1:00 pm	Adult Swim / Lap Swim	Lap Pool
Wednesday	2:30 pm – 4:00 pm	OPEN SWIM	Lap Pool
Wednesday	5:30 pm – 6:15 pm	Adult Swim / Lap Swim	Lap Pool
Thursday	5:00 am - 8:30 am	Adult Swim / Lap Swim	Lap Pool
Thursday	10:15 am – 11:00 am	OPEN SWIM	Exercise Pool
Thursday	11:45 am - 1:00 pm	Adult Swim / Lap Swim	Lap Pool
Thursday	2:30 pm – 4:00 pm	OPEN SWIM	Lap Pool
Thursday	5:30 pm – 6:15 pm	Adult Swim	Lap Pool
Friday	5:00 am – 8:30 am	Adult Swim / Lap Swim	Lap Pool
Friday	9:30 am – 11:45 am	OPEN SWIM	Lap Pool
Friday	11:45 am – 1:00 pm	Adult Swim / Lap Swim	Lap Pool
Friday	1:00 pm – 5:00 pm	OPEN SWIM	Lap Pool
Friday	5:00 pm – 5:45 pm	Adult Swim / Lap Swim	Lap Pool
Saturday	7:00 am – 9:00 am	Adult Swim / Lap Swim	Lap Pool
Saturday	12:00 pm – 12:45 pm	Adult Swim / Lap Swim	Lap Pool

GENERAL PUBLIC WELCOME. MEMBERSHIP NOT REQUIRED. Rates: Family \$10.00, Youth \$2.50, Adult \$8.00.
FREE for YWCA Members

1/24/2019