

# Swimming at the YWCA

- **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; 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
- To maintain social distance and capacity limits, online registration is required for lap/adult/open swim: <https://www.signupgenius.com/go/904054DA8AC2CABFA7-ywca2>
- Face covering required in all common areas except while in the pool.

<b>Winter 2020-2021 YWCA Pool Schedule</b> <b>November 9, 2020 – January 30, 2021</b> The YWCA is closed all day 11/26/20, 12/25/20, and 01/01/21. The YWCA will close at 12:00 pm 12/24/20 and at 6:00 pm 12/31/20.			
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
<b>Monday</b>	<b>2:30 pm - 4:00 pm</b>	<b>OPEN SWIM</b>	<b>Lap Pool</b>
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
<b>Tuesday</b>	<b>2:30 pm - 4:00 pm</b>	<b>OPEN SWIM</b>	<b>Lap Pool</b>
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
<b>Wednesday</b>	<b>2:30 pm – 4:00 pm</b>	<b>OPEN SWIM</b>	<b>Lap Pool</b>
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	11:45 am - 1:00 pm	Adult Swim / Lap Swim	Lap Pool
<b>Thursday</b>	<b>2:30 pm – 4:00 pm</b>	<b>OPEN SWIM</b>	<b>Lap Pool</b>
Thursday	5:30 pm – 6:15 pm	Adult Swim	Lap Pool
Friday	5:00 am – 8:30 am	Adult Swim / Lap Swim	Lap Pool
<b>Friday</b>	<b>9:30 am – 11:45 am</b>	<b>OPEN SWIM</b>	<b>Lap Pool</b>
Friday	11:45 am – 1:00 pm	Adult Swim / Lap Swim	Lap Pool
<b>Friday</b>	<b>1:00 pm – 5:00 pm</b>	<b>OPEN SWIM</b>	<b>Lap Pool</b>
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**

10/26/2020