




# YWCA Pool and Fitness Schedule

Group lessons start first week of the month. 8 Lessons \$40 for members/ \$60 for nonmembers  
8 Private Lessons \$150. Schedule lessons with Aquatics Coordinator

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00	Open/Lap	Early Morning Aerobics 6:30-7:15	Open/Lap	Early Morning Aerobics 6:30-7:15	Open/Lap		
8:00-9:00 No Lap Lanes Open MWF	Water Aerobics 1 Lap Lane Open	Open /Lap	Water Aerobics 1 Lap Lane Open	Open /Lap	Water Aerobics 1 Lap Lane Open	Opens @ 9:00	
9:00- 10:00 2 open lap lanes	Adult Swim Lessons 9:00-9:45	Water Tots (Mommy and Me) 9:00-9:30	Adult Swim Lessons 9:00-9:45	Water Tots (Mommy and Me) 9:00-9:30	Open/Lap	<u>Pre-school Swim Lessons</u> 9:30-10:00 Open/Lap	
10:00-11:00 2 open lap lanes	Open/Lap	HP Andrews Special Needs Swim	Open/Lap	Open/Lap	Open/Lap	<u>Youth Swim Lessons</u> 10:00-10:30 Open/Lap	
11:00-12:00 No Lap Lanes Open	Water Aerobics 11:00-11:45 No Lap Lane Open	Water Aerobics 11:00-11:45 No Lap Lane Open	Water Aerobics 11:00-11:45 No Lap Lane Open	Water Aerobics 11:00-11:45 No Lap Lane Open	Water Aerobics 11:00-11:45 No Lap Lane Open	Water Aerobics 11:00-11:45 No Lap Lane Open	
12:00-1:00 2 open lap lanes	Arthritis Water Aerobics	Open/Lap	Arthritis Water Aerobics	Open/Lap	Arthritis Water Aerobics	<u>Water Tots (Mommy and Me)</u> 12:00-12:30	
1:00-5:00	Open/Lap	Open/Lap	Open/Lap	Open/Lap	Open/Lap	CLOSES@1:00	Closed Sunday
Swim Lessons	<u>Level 1</u> 5:00-5:30 <u>Level 2</u> 5:30-6:00 <u>Level 3</u> 6:00-6:30 <u>Adult</u> 6:30-7:15	<u>Level 1</u> 5:00-5:30 <u>Level 2</u> 5:30-6:00 <u>Level 3</u> 6:00-6:30 <u>Water Tots</u> 6:30-7:00	<u>Level 1</u> 5:00-5:30 <u>Level 2</u> 5:30-6:00 <u>Level 3</u> 6:00-6:30 <u>Adult</u> 6:30-7:15	<u>Level 1</u> 5:00-5:30 <u>Level 2</u> 5:30-6:00 <u>Level 3</u> 6:00-6:30 <u>Water Tots</u> 6:30-7:00	YWCA Afterschool Swim 4:00-5:00	<b>RENTALS</b> Available after 1 PM	<b>RENTALS</b> Available All Day
Water Fitness	<u>Water Aerobics</u> 5:45pm-6:30pm	<u>Water Aerobics</u> 5:45pm-6:30pm	<u>Water Aerobics</u> 5:45pm-6:30pm	<u>Water Aerobics</u> 5:45pm-6:30pm	Open / Lap 5:00-7:00	<b>RENTALS</b> PARTIES SCOUTS CHURCHES BAPTISMS	Call 882-4126 For more information
7:00-8:00	Open/Lap	Open/Lap	Open/Lap	Open/Lap	Closes @ 7:00		

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	<b>Silver Sneakers With Teresa!</b> 	<b>Open Gym</b>	<b>Silver Sneakers With Teresa!</b> 	<b>Open Gym</b>	<b>Silver Sneakers With Teresa!</b> 
11:00-4:30	<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>
4:30-5:15	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>
5:30-6:15	<b>Open</b>	<b>Hula Hoop Dance Class with Sheryl! 6:00-7:00</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>
7:00-7:45	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>	<b>Open</b>

### Aquatics and Wellness Rates

	Joining Fee	Monthly, By Draft	Monthly, Pay as You Go*	6 Months	12 Months
<b>Youth</b>	<b>\$25</b>	<b>\$20</b>	<b>\$25</b>	<b>\$125</b>	<b>\$250</b>
<b>Young Adult 18-25</b>	<b>\$25</b>	<b>\$30</b>	<b>\$35</b>	<b>\$150</b>	<b>\$300</b>
<b>Adult</b>	<b>\$25</b>	<b>\$35</b>	<b>\$40</b>	<b>\$174</b>	<b>\$350</b>
<b>1 Adult with Dependents</b>	<b>\$25</b>	<b>\$60</b>	<b>\$65</b>	<b>\$300</b>	<b>\$600</b>
<b>Family</b>	<b>\$25</b>	<b>\$65</b>	<b>\$70</b>	<b>\$330</b>	<b>\$660</b>
<b>Senior</b>	<b>\$25</b>	<b>\$30</b>	<b>\$35</b>	<b>\$150</b>	<b>\$300</b>
<b>Senior Couple</b>	<b>\$25</b>	<b>\$55</b>	<b>\$60</b>	<b>\$275</b>	<b>\$550</b>