




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 Director

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00	Open/Lap	Open/Lap	Open/Lap	Open/Lap	Open/Lap		
8:00-9:00 1 Lap Lane Open MWF	Water Aerobics	Open /Lap	Water Aerobics	Open /Lap	Water Aerobics	Opens @ 9:00	
9:00- 10:00 2 open lap lanes	Adult Lessons	Open/Lap	Adult Lessons	Open/Lap	Open/Lap	<u>Swim Lessons</u> 9:00-10:00	
10:00-11:00	Open/Lap	HP Andrew Special Needs Swim 2 Lap Lanes Open	Daycare Swim Lessons 2 Lap Lanes Open	Open/Lap	Open/Lap	<u>Swim Lessons</u> 10:00-11:00	
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>Swim Lessons</u> 12:00-12:30	
1:00-3:00	Open/Lap Private Lessons Available	Open/Lap Private Lessons Available	Open/Lap Private Lessons Available	Open/Lap Private Lessons Available	Open/Lap Private Lessons Available	CLOSES@1:00	Closed Sunday
Swim Teams	Westchester 3:00-5:00 HPC 5:15-6:15 Trinity 6:15-7:15 Oak Grove 7:15-8:15	Westchester 3:00-5:00 HPC 5:15-6:15 Oak Grove 7:15-8:15	Westchester 3:00-5:00 HPC 5:15-6:15 Oak Grove 7:15-8:15	Westchester 3:00-5:00 HPC 5:15-6:15 Trinity 6:15-7:15 Oak Grove 7:15-8:15	Westchester 3:00- 4:00	Rentals Available after 1:00 PM	Rentals Available all day
Water Fitness	<u>Water Aerobics</u> 6:00pm-6:45pm	<u>Water Aerobics</u> 6:00pm-6:45pm	<u>Water Aerobics</u> 6:00pm-6:45pm	<u>Water Aerobics</u> 6:00pm-6:45pm	Open/Lap 5:00-7:00	<u>RENTALS</u> 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	Silver Sneakers With Teresa! 	Open Gym	Silver Sneakers With Teresa! 	Core Balance & Strength with Travis!	Silver Sneakers With Teresa! 
11:00-4:30	Open Gym	Open Gym	Open Gym	Yoga for everyBODY! 1:00-2:00	Open Gym
4:30-5:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5:30-6:15	Open Gym	Zumba!	Open Gym	Open Gym	Open Gym
6:15-7:45	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym

Aquatics and Wellness Rates

	Joining Fee	Monthly Draft	6 Months	12 Months
Youth	\$25	\$20	\$125	\$250
Young Adult 18-25	\$25	\$30	\$150	\$300
Adult	\$25	\$35	\$174	\$350
1 Adult with Dependents	\$25	\$60	\$300	\$600
Family	\$25	\$65	\$330	\$660
Senior Over 62	\$25	\$30	\$150	\$300
Senior Couple	\$25	\$55	\$275	\$550