




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	Early Morning Aerobics 6:30-7:15	Open/Lap	Early Morning Aerobics 6:30-7:15	Open/Lap		
8:00-9:00 1 Lap Lane 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	Open/Lap	Water Tots (Mommy and Me) 9:00-9:30	Open/Lap	Water Tots (Mommy and Me) 9:00-9:30	Open/Lap	<u>Swim Lessons</u> 9:00-10:00	
10:00-11:00 2 open lap lanes	Open/Lap	HP Andrews Special Needs Swim Adult Swim Lessons 10:15-11:00	Open/Lap	Open/Lap Adult Swim Lessons 10:15-11:00	Open/Lap	<u>Swim Lessons</u> 10:00-10:45	
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	
1:00-5:00	Open/Lap	Open/Lap	Open/Lap	Open/Lap	Open/Lap	CLOSES@1:00	Closed Sunday
Swim Lessons	Level I 5:00-5:30 Level II 5:30-6:00 Level III 6:00-6:30 Adult 6:45-7:30	Level I 5:00-5:30 Level II 5:30-6:00 Level III 6:00-6:30 Water Tots 6:45-7:30	Level I 5:00-5:30 Level II 5:30-6:00 Level III 6:00-6:30 Adult 6:45-7:30	Level I 5:00-5:30 Level II 5:30-6:00 Level III 6:00-6:30 Water Tots 6:45-7:30	YWCA Afterschool Swim 4:00-5:00	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
Swim Teams	Special Olympics 6:00-7:15	Open/Lap	Special Olympics 6:00-7:15	Open/Lap	Closes @ 7:00		
7:00-8:00	Open/Lap	Open/Lap	Open/Lap	Open/Lap			

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	Silver Sneakers With Teresa! 	Open Gym	Silver Sneakers With Teresa! 	Open Gym	Silver Sneakers With Teresa! 
11:00-4:30	Open Gym	Open Gym	Open Gym	Yoga 1:00-2:00	Open Gym
4:30-6:00	Open	Open	Open	Open	Open
6:00-6:45	Open	Group Fitness Training with Travis!	Open	Group Fitness Training with Travis!	Open
6:45-7:45	Open	Open	Open	Open	Open

Aquatics and Wellness Rates

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