



Pool Schedule



DETAILED POOL SCHEDULE ON BACK
 This schedule is subject to change without notice

Monday 6:00am - 8:00pm	Tuesday 6:00am - 7:00pm	Wednesday 6:00am - 8:00pm	Thursday 6:00am - 7:00pm	Friday 6:00am - 6:00pm	Saturday 7:00am - 11:00am
6:00am - 11:00am	6:00am - 9:00am	6:00am - 11:00am	6:00am - 9:00am	6:00am - 11:00am	7:00am - 9:00am
	9:00am - 10:00am <u>Water Aerobics Only</u>		9:00am - 10:00am <u>Water Aerobics Only</u>		9:00am - 10:00am <u>Water Aerobics & 1 Lap Lane</u>
	10:00am - 11:00am		10:00am - 11:00am		10:00am - 11:00am
11:00am - 1:00pm <u>Water Aerobics Only</u>	11:00am - 12:00pm <u>Water Aerobics Only</u>	11:00am - 1:00pm <u>Water Aerobics Only</u>	11:00am - 12:00pm <u>Water Aerobics Only</u>	11:00am - 1:00pm <u>Water Aerobics Only</u>	
	12:00pm - 1:00pm <u>Open Swim & 1 Lap Lane</u>		12:00pm - 1:00pm <u>Open Swim & 1 Lap Lane</u>		
1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	
5:15pm - 6:00pm Open Swim & 2 Lap Lanes	4:00pm - 5:45pm Open Swim & Swim Lessons	5:15pm - 6:00pm Open Swim & 2 Lap Lanes	4:00pm - 5:45pm Open Swim & Swim Lessons	4:00pm - 5:00pm YW Afterschool Swim & 2 Lap Lanes	
6:00pm - 6:45pm Swim Lessons & Deep Water Aerobics	5:45pm - 6:30pm Water Aerobics & Swim Lessons	6:00pm - 6:45pm Swim Lessons & Deep Water Aerobics	5:45pm - 6:30pm Water Aerobics & Swim Lessons	5:00pm - 6:00pm	
6:45pm - 8:00pm	6:30pm - 7:00pm	6:45pm - 8:00pm	6:30pm - 7:00pm		

Areas Shaded Grey Are Available For Open Swim & Lap Swim

SWIM LESSONS Group
 swim lessons run monthly for all AGES!
 Private & Semi-private lessons are also available!
 Want more information contact Liz Como
 336-882-4126 EXT: 220 or ecomo@ywcahp.com

October 2nd - November 11th Detailed Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 2nd	Oct 3rd	Oct 4th	Oct 5th	Oct 6th	Oct 7th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 6-6:45pm Deep H2O Aerobics NO SWIM LESSONS WEEK	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 5:45-6:30pm Water Aerobics NO SWIM LESSONS WEEK	11-11:45am Water Aerobics 12-12:45 Water Arthritis 1-3pm Homeschool plunge 6-6:45pm Deep H2O Aerobics NO SWIM LESSONS WEEK	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 5:45-6:30pm Water Aerobics NO SWIM LESSONS WEEK	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
Oct 9th	Oct 10th	Oct 11th	Oct 12th	Oct 13th	Oct 14th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 5:45-6:30pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 1-3pm Homeschool plunge 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 5:45-6:30pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
Oct 16th	Oct 17th	Oct 18th	Oct 19th	Oct 20th	Oct 21st
11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 5:45-6:30pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 1-3pm Homeschool plunge 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 5:45-6:30pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
Oct 23rd	Oct 24th	Oct 25th	Oct 26th	Oct 27th	Oct 28th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 5:45-6:30pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 1-3pm Homeschool plunge 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 5:45-6:30pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
Oct 30th	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd	Nov 4th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons HPC Swim Team 5-6pm 6-6:45pm Deep H2O Aerobics NO SWIM LESSONS WEEK	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons 6-6:45pm Water Aerobics NO SWIM LESSONS WEEK	11-11:45am Water Aerobics 12-12:45 Water Arthritis 1-3pm Homeschool plunge 4-7pm Swim Lessons HPC Swim Team 5-6pm 6-6:45pm Deep H2O Aerobics NO SWIM LESSONS WEEK	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 4-7pm Swim Lessons HPC Swim Team 5-6pm 6-6:45pm Water Aerobics NO SWIM LESSONS WEEK	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
Nov 6th	Nov 7th	Nov 8th	Nov 9th	Nov 10th	Nov 11th
11-11:45am Water Aerobics 12-12:45 Water Arthritis WCD Swim Team 3-5pm (3 lanes) 4-7pm Swim Lessons HPC Swim Team 5-6pm 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness WCD Swim Team 3-5pm (3 lanes) 4-7pm Swim Lessons HPC Swim Team 5-6pm 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 1-3pm Homeschool plunge WCD Swim Team 3-5pm (3 lanes) 4-7pm Swim Lessons HPC Swim Team 5-6pm 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness WCD Swim Team 3-5pm (3 lanes) 4-7pm Swim Lessons HPC Swim Team 5-6pm 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics