## Pool Schedule

**YWCA IS ON** 

**A MISSION** 

## eliminating racism empowering women



<b>Monday</b> 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 Water Aerobics & 1 Lap La	
	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 &amp; 1 Lap Lane</u>		12:00pm - 1:00pm <u>Open Swim &amp; 1 Lap Lane</u>			
1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm		
4:00pm - 5:15pm Open Swim & Swim Lessons		4:00pm - 5:15pm Open Swim & Swim Lessons				
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	SWIM LESSONS Grou swim lessons run monthly for all AGES!		

## Areas Shaded Grey Are Available For Open Swim & Lap Swim

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	9-9:45am Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis	9-9:45am Water Aerobics	11-11:45am Water Aerobics				
	11-11:45am Water Arthritis	1-3pm Homeschool plunge	11-11:45am Water Arthritis	12-12:45 Water Arthritis				
6-6:45pm Deep H2O Aerobics	12-12:45pm Swim 4 Fitness	6-6:45pm Deep H2O Aerobics	12-12:45pm Swim 4 Fitness	4-5pm YW Afterschool	9-9:45am Water Aerobics			
0-0.40pm Deep m20 Aerosics	5:45-6:30pm Water Aerobics	0-0.40pm Deep m20 Aerobics	5:45-6:30pm Water Aerobics	4-opin TW Atterschool				
NO SWIM LESSONS WEEK	NO SWIM LESSONS WEEK	NO SWIM LESSONS WEEK	NO SWIM LESSONS WEEK					
Oct 9th	Oct 10th	Oct 11th	Oct 12th	Oct 13th	Oct 14th			
11-11:45am Water Aerobics 12-12:45 Water Arthritis	9-9:45am Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis	9-9:45am Water Aerobics	11-11:45am Water Aerobics				
12-12.45 Water Artinius	11-11:45am Water Arthritis	1-3pm Homeschool plunge	11-11:45am Water Arthritis	12-12:45 Water Arthritis				
	12-12:45pm Swim 4 Fitness		12-12:45pm Swim 4 Fitness		9-9:45am Water Aerobics			
4-7pm Swim Lessons	4 Zam Swim Lassana	4-7pm Swim Lessons	4 Zam Swim Lassans	4-5pm YW Afterschool				
6-6:45pm Deep H2O Aerobics	4-7pm Swim Lessons 5:45-6:30pm Water Aerobics	6-6:45pm Deep H2O Aerobics	4-7pm Swim Lessons 5:45-6:30pm Water Aerobics					
Oct 16th	Oct 17th	Oct 18th	Oct 19th	Oct 20th	Oct 21st			
11-11:45am Water Aerobics	9-9:45am Water Aerobics	11-11:45am Water Aerobics	9-9:45am Water Aerobics					
12-12:45 Water Arthritis		12-12:45 Water Arthritis		11-11:45am Water Aerobics				
	11-11:45am Water Arthritis	1-3pm Homeschool plunge	11-11:45am Water Arthritis	12-12:45 Water Arthritis	0.0:45am Water Asystics			
4-7pm Swim Lessons	12-12:45pm Swim 4 Fitness	4-7pm Swim Lessons	12-12:45pm Swim 4 Fitness	4-5pm YW Afterschool	9-9:45am Water Aerobics			
	4-7pm Swim Lessons		4-7pm Swim Lessons	· • • • • • • • • • • • • • • • • • • •				
6-6:45pm Deep H2O Aerobics	5:45-6:30pm Water Aerobics	6-6:45pm Deep H2O Aerobics	5:45-6:30pm Water Aerobics					
Oct 23rd	Oct 24th	Oct 25th	Oct 26th	Oct 27th	Oct 28th			
11-11:45am Water Aerobics	9-9:45am Water Aerobics	11-11:45am Water Aerobics	9-9:45am Water Aerobics	11 11 15 m Water Associas				
12-12:45 Water Arthritis	11-11:45am Water Arthritis	12-12:45 Water Arthritis 1-3pm Homeschool plunge	11-11:45am Water Arthritis	11-11:45am Water Aerobics 12-12:45 Water Arthritis				
	12-12:45pm Swim 4 Fitness	, opini i onico pranigo	12-12:45pm Swim 4 Fitness		9-9:45am Water Aerobics			
4-7pm Swim Lessons		4-7pm Swim Lessons		4-5pm YW Afterschool				
6-6:45pm Deep H2O Aerobics	4-7pm Swim Lessons 5:45-6:30pm Water Aerobics	6-6:45pm Deep H2O Aerobics	4-7pm Swim Lessons 5:45-6:30pm Water Aerobics					
Oct 30th	Oct 31st	Nov 1st	Nov 2nd	Nov 3rd	Nov 4th			
11-11:45am Water Aerobics	9-9:45am Water Aerobics	11-11:45am Water Aerobics	9-9:45am Water Aerobics					
12-12:45 Water Arthritis		12-12:45 Water Arthritis		11-11:45am Water Aerobics				
	11-11:45am Water Arthritis	1-3pm Homeschool plunge	11-11:45am Water Arthritis	12-12:45 Water Arthritis				
4-7pm Swim Lessons	12-12:45pm Swim 4 Fitness	4-7pm Swim Lessons	12-12:45pm Swim 4 Fitness	4-5pm YW Afterschool	9-9:45am Water Aerobics			
	4-7pm Swim Lessons		4-7pm Swim Lessons	· • • • • • • • • • • • • • • • • • • •				
HPC Swim Team 5-6pm		HPC Swim Team 5-6pm						
			HPC Swim Team 5-6pm					
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics					
NO SWIM LESSONS WEEK	NO SWIM LESSONS WEEK	NO SWIM LESSONS WEEK	NO SWIM LESSONS WEEK					
Nov 6th	Nov 7th	Nov 8th	Nov 9th	Nov 10th	Nov 11th			
11-11:45am Water Aerobics	9-9:45am Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis	9-9:45am Water Aerobics	11 11 15 m Water Asychics				
12-12:45 Water Arthritis	11-11:45am Water Arthritis	1-3pm Homeschool plunge	11-11:45am Water Arthritis	11-11:45am Water Aerobics 12-12:45 Water Arthritis				
	12-12:45pm Swim 4 Fitness	- cp	12-12:45pm Swim 4 Fitness		9-9:45am Water Aerobics			
WCD Swim Team 3-5pm (3 lanes)		WCD Swim Team 3-5pm (3 lanes)						
4-7pm Swim Lessons	WCD Swim Team 3-5pm (3 lanes)	4-7pm Swim Lessons	WCD Swim Team 3-5pm (3 lanes)	4-5pm YW Afterschool				
+- ipin Swill Lessons	4-7pm Swim Lessons	4-1 pm 3will Lessons	4-7pm Swim Lessons	4-5pm IV Allerschool				
HPC Swim Team 5-6pm	HPC Swim Team 5-6pm	HPC Swim Team 5-6pm	HPC Swim Team 5-6pm					
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics					
S STOPHI BEEP HED ACIONICS	o-ortopin trater Acrobico	S STOPHI BCCP HZO ACIONICS	5-0.40pm Mater Acrobics					