



Pool Schedule

FALL 2023

****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>Water Aerobics & 1 Lap Lane</u>		12:00pm - 1:00pm Open Swim & 1 Lap Lane		
1:00pm - 2:55pm	1:00pm - 2:55pm	1:00pm - 2:55pm	1:00pm - 2:55pm	1:00pm - 4:00pm	
2:55pm - 4pm 3 Lanes Swim Team & Open Swim	2:55pm - 4pm 3 Lanes Swim Team & Open Swim	2:55pm - 4pm 3 Lanes Swim Team & Open Swim	2:55pm - 4pm 3 Lanes Swim Team & Open Swim		
4:00pm - 5:00pm 3 Lanes Swim Team & Swim Lessons	4:00pm - 5:00pm 3 Lanes Swim Team & Swim Lessons	4:00pm - 5:00pm 3 Lanes Swim Team & Swim Lessons	4:00pm - 5:00pm 3 Lanes Swim Team & Swim Lessons		
5:00pm - 6:00pm 3 Lanes Swim Team & Swim Lessons	5:00pm - 6:00pm 3 Lanes Swim Team & Swim Lessons	5:00pm - 6:00pm 3 Lanes Swim Team & Swim Lessons	5:00pm - 6:00pm 3 Lanes Swim Team & Swim Lessons		
6:00pm - 6:45pm Swim Lessons & Deep Water Aerobics	6:00pm - 6:45pm Water Aerobics & Swim Lessons	6:00pm - 6:45pm Swim Lessons & Deep Water Aerobics	5:45pm - 6:30pm Water Aerobics & Swim Lessons		
6:45pm - 8:00pm	6:30pm - 7:00pm	6:45pm - 8:00pm	6:30pm - 7:00pm	5:00pm - 6:00pm	

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 ecom@ywcahp.com

October 30th- December 2nd Detailed Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 12-12:45pm Aqua Dance 4-7pm Swim Lessons 6-6:45pm Water Aerobics NO SWIM LESSONS WEEK	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 2-3pm YW Afterschool 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 2-3pm 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 12-12:45pm Aqua Dance 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 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 2-3pm YW Afterschool	9-9:45am Water Aerobics
Nov 13th	Nov 14th	Nov 15th	Nov 16th	Nov 17th	Nov 18th
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 12-12:45pm Aqua Dance 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 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
Nov 20th	Nov 21st	Nov 22nd	Nov 23rd	Nov 24th	Nov 25th
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	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance 4-7pm Swim Lessons HPC Swim Team 5-6pm 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 2-3pm YW Afterschool 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	YWCA CLOSED FOR THANKSGIVING HAPPY THANKSGIVING	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
Nov 27th	Nov 28th	Nov 29th	Nov 30th	Dec 1st	Dec 2nd
11-11:45am Water Aerobics 12-12:45 Water Arthritis WCD Swim Team 3-5pm (3 lanes) 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 12-12:45pm Aqua Dance WCD Swim Team 3-5pm (3 lanes) HPC Swim Team 5-6pm 6-6:45pm Water Aerobics NO SWIM LESSONS WEEK	11-11:45am Water Aerobics 12-12:45 Water Arthritis WCD Swim Team 3-5pm (3 lanes) 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 WCD Swim Team 3-5pm (3 lanes) 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