

Pool Schedule

December 2023 - January 2024
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 Water Aerobics & 1 Lap Lane		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	4:00pm - 5:00pm YW Afterschool Swim Open Swim & 2 Lap Lanes	
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	5:00pm - 6:00pm	
6:45pm - 8:00pm	6:30pm - 7:00pm	6:45pm - 8:00pm	6:30pm - 7:00pm	SWIM LESSONS Group swim lessons run monthly for all AGES!	

Areas Shaded Grey Are Available For Open Swim & Lap Swim

Private & Semi-private lessons are also available! Want more information contact Liz Como

336-882-4126 EXT: 220 or ecomo@ywcahp.com

December 4th - January 13th Detailed Pool Schedule

Manday			Thursday		Catumday
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 4th	Dec 5th	Dec 6th	Dec 7th	Dec 8th	Dec 9th
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 Artiffus	11-11:45am Water Arthritis	12-12.45 Water Arthrus	11-11:45am Water Arthritis	12-12:45 Water Arthritis	
WCD Swim Team 3-5pm (3 lanes)	12-12:45pm Swim 4 Fitness	WCD Swim Team 3-5pm (3 lanes)	12-12:45pm Swim 4 Fitness	72 72.40 77465 71147716	9-9:45am Water Aerobics
	12-12:45pm Aqua Dance	, , , , , , , , , , , , , , , , , , ,	12-12:45pm Aqua Dance		
Swim Lessons 4-7pm		Swim Lessons 4-7pm			
//D00 : 7 . 70	WCD Swim Team 3-5pm (3 lanes)		Swim Lessons 4-7pm	4-5pm YW Afterschool	
HPC Swim Team 5-6pm	Swim Lessons 4-7pm HPC Swim Team 5-6pm (2 lanes)		HPC Swim Team 5-6pm (2 lanes)		
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics		
Dec 11th	Dec 12th	Dec 13th	Dec 14th	Dec 15th	Dec 16th
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		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
Swim Lessons 4-7pm	12-12:45pm Aqua Dance	Swim Lessons 4-7pm	12-12:45pm Aqua Dance		
Swiiii Lessons 4-1 pin	Swim Lessons 4-7pm	Swiii Lessons 4-7 pin	Swim Lessons 4-7pm	4-5pm YW Afterschool	
HPC Swim Team 5-6pm			,	.,	
	HPC Swim Team 5-6pm (2 lanes)		HPC Swim Team 5-6pm (2 lanes)		
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	D 00 I	D 00 I
Dec 18th	Dec 19th 9-9:45am Water Aerobics	Dec 20th	Dec 21st	Dec 22nd	Dec 23rd
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	
12-12.40 Water Aramas	11-11:45am Water Arthritis	12-12.40 Water Artificia	11-11:45am Water Arthritis	12-12:45 Water Arthritis	
Swim Lessons 4-7pm	12-12:45pm Swim 4 Fitness		12-12:45pm Swim 4 Fitness		9-9:45am Water Aerobics
	12-12:45pm Aqua Dance	Swim Lessons 4-7pm	12-12:45pm Aqua Dance		
HPC Swim Team 5-6pm	Curina I account 4 7 mm		Swim Lagares 4.7mm	4 Francisco VIII Affragado a l	
6-6:45pm Deep H2O Aerobics	Swim Lessons 4-7pm	6-6:45pm Deep H2O Aerobics	Swim Lessons 4-7pm	4-5pm YW Afterschool	
0-0.40pm Deep 1120 Acrosics	6-6:45pm Water Aerobics	0-0.40pm Deep 1120 Acrobies	6-6:45pm Water Aerobics		
Dec 25th	Dec 26th	Dec 27th	Dec 28th	Dec 29th	Dec 30th
	9-9:45am Water Aerobics	11-11:45am Water Aerobics	9-9:45am Water Aerobics		
YWCA		12-12:45 Water Arthritis		11-11:45am Water Aerobics	
CLOSED	11-11:45am Water Arthritis		11-11:45am Water Arthritis	12-12:45 Water Arthritis	0.045
FOR CHRISTMAS	12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance	6-6:45pm Deep H2O Aerobics	12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance		9-9:45am Water Aerobics
on do mad	12-12.40pm Aqua Bunce	0-0.40pm Deep 1120 Acrobies	12-12.40pm Aqua Bunce		
HAPPY HOLIDAYS!	6-6:45pm Water Aerobics		6-6:45pm Water Aerobics		
	NO SWIM LESSONS WEEK	NO SWIM LESSONS WEEK	NO SWIM LESSONS WEEK		
Jan 1st	Jan 2nd	Jan 3rd	Jan 4th	Jan 5th	Jan 6th
	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	
YWCA	11-11:45am Water Arthritis	12-12.45 Water Artiffus	11-11:45am Water Arthritis	12-12:45 Water Arthritis	
CLOSED	12-12:45pm Swim 4 Fitness	WCD Swim Team 3-5pm (3 lanes)	12-12:45pm Swim 4 Fitness	12-12.40 Water Aramas	9-9:45am Water Aerobics
NEW YEAR'S DAY	12-12:45pm Aqua Dance		12-12:45pm Aqua Dance		
		HPC Swim Team 5-6pm (2 lanes)	WCD Swim Team 3-5pm (3 lanes)	4-5pm YW Afterschool	
HAPPY NEW YEAR'S!	WCD Swim Team 3-5pm (3 lanes)	6 6:45mm Door 1100 Association	HPC Swim Team 5-6pm (2 lanes)		
Jan 8th	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	Jan 12th	Jan 13th
11-11:45am Water Aerobics	Jan 9th 9-9:45am Water Aerobics	Jan 10th 11-11:45am Water Aerobics	Jan 11th 9-9:45am Water Aerobics	Jan 1201	Jan 13th
12-12:45 Water Arthritis	5 51-50m Frater Acromics	12-12:45 Water Arthritis	3 01-30m Pater Acrosses	11-11:45am Water Aerobics	
	11-11:45am Water Arthritis		11-11:45am Water Arthritis	12-12:45 Water Arthritis	
WCD Swim Team 3-5pm (3 lanes)	12-12:45pm Swim 4 Fitness	WCD Swim Team 3-5pm (3 lanes)	12-12:45pm Swim 4 Fitness		9-9:45am Water Aerobics
UDO Outles Tree T.O. (C.)	12-12:45pm Aqua Dance		12-12:45pm Aqua Dance	4.5000 200/ 250	
HPC Swim Team 5-6pm (2 lanes)	HPC Swim Team 5-6pm (2 lanes)		WCD Swim Team 3-5pm (3 lanes) HPC Swim Team 5-6pm (2 lanes)	4-5pm YW Afterschool	
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics		
1 1/2 11/2 11/2 11/2 11/2 11/2 11/2 11/					