



# 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 &amp; 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 &amp; 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 [ecomo@ywcahp.com](mailto:ecomo@ywcahp.com)

## December 4th - January 13th Detailed Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dec 4th</b>	<b>Dec 5th</b>	<b>Dec 6th</b>	<b>Dec 7th</b>	<b>Dec 8th</b>	<b>Dec 9th</b>
11-11:45am Water Aerobics 12-12:45 Water Arthritis  WCD Swim Team 3-5pm (3 lanes)  Swim Lessons 4-7pm  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) Swim Lessons 4-7pm HPC Swim Team 5-6pm (2 lanes) 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  WCD Swim Team 3-5pm (3 lanes)  Swim Lessons 4-7pm  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  Swim Lessons 4-7pm  HPC Swim Team 5-6pm (2 lanes) 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  4-5pm YW Afterschool	9-9:45am Water Aerobics
<b>Dec 11th</b>	<b>Dec 12th</b>	<b>Dec 13th</b>	<b>Dec 14th</b>	<b>Dec 15th</b>	<b>Dec 16th</b>
11-11:45am Water Aerobics 12-12:45 Water Arthritis  Swim Lessons 4-7pm  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  Swim Lessons 4-7pm  HPC Swim Team 5-6pm (2 lanes) 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  Swim Lessons 4-7pm  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  Swim Lessons 4-7pm  HPC Swim Team 5-6pm (2 lanes) 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  4-5pm YW Afterschool	9-9:45am Water Aerobics
<b>Dec 18th</b>	<b>Dec 19th</b>	<b>Dec 20th</b>	<b>Dec 21st</b>	<b>Dec 22nd</b>	<b>Dec 23rd</b>
11-11:45am Water Aerobics 12-12:45 Water Arthritis  Swim Lessons 4-7pm  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  Swim Lessons 4-7pm  6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  Swim Lessons 4-7pm  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  Swim Lessons 4-7pm  6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  4-5pm YW Afterschool	9-9:45am Water Aerobics
<b>Dec 25th</b>	<b>Dec 26th</b>	<b>Dec 27th</b>	<b>Dec 28th</b>	<b>Dec 29th</b>	<b>Dec 30th</b>
YWCA CLOSED FOR CHRISTMAS  HAPPY HOLIDAYS!	9-9:45am Water Aerobics  11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance  6-6:45pm Water Aerobics NO SWIM LESSONS WEEK	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 12-12:45pm Aqua Dance  6-6:45pm Water Aerobics NO SWIM LESSONS WEEK	11-11:45am Water Aerobics 12-12:45 Water Arthritis  9-9:45am Water Aerobics	9-9:45am Water Aerobics
<b>Jan 1st</b>	<b>Jan 2nd</b>	<b>Jan 3rd</b>	<b>Jan 4th</b>	<b>Jan 5th</b>	<b>Jan 6th</b>
YWCA CLOSED NEW YEAR'S DAY  HAPPY NEW YEAR'S!	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) 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  WCD Swim Team 3-5pm (3 lanes) HPC Swim Team 5-6pm (2 lanes) 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) HPC Swim Team 5-6pm (2 lanes) 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  4-5pm YW Afterschool	9-9:45am Water Aerobics
<b>Jan 8th</b>	<b>Jan 9th</b>	<b>Jan 10th</b>	<b>Jan 11th</b>	<b>Jan 12th</b>	<b>Jan 13th</b>
11-11:45am Water Aerobics 12-12:45 Water Arthritis  WCD Swim Team 3-5pm (3 lanes)  HPC Swim Team 5-6pm (2 lanes)  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  HPC Swim Team 5-6pm (2 lanes) 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  WCD Swim Team 3-5pm (3 lanes)  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) HPC Swim Team 5-6pm (2 lanes) 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis  4-5pm YW Afterschool	9-9:45am Water Aerobics