

## **Pool Schedule**

April 1st - May 11th

\*\*DETAILED POOL CALENDAR ON BACK\*\*



**Want more information contact Liz Como** 

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

		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</u> <u>Lane</u>	
	10:00am - 11:00am		10:00am - 11:00am		10:00am - 11:00an	
11:00am - 1:00pm <u>Water Aerobics Only</u>	11:00am - 12:00pm Water Aerobics Only	11:00am - 1:00pm <u>Water Aerobics Only</u>	11:00am - 12:00pm Water Aerobics Only	11:00am - 1:00pm <u>Water Aerobics Only</u>		
	12:00pm - 1:00pm <u>Water Aerobics &amp; 1 Lap</u> <u>Lane</u>		12:00pm - 1:00pm <u>Water Aerobics &amp; 1 Lap</u> <u>Lane</u>			
1:00pm - 6:00pm	1:00pm - 6:00pm	1:00pm - 6:00pm	1:00pm - 6:00pm	1:00pm - 4:00pm		
4:00pm - 6:00pm 1 Lap Lane & Open/Family Swim Swim Lessons	4:00pm - 6:00pm 1 Lap Lane & Open/Family Swim Swim Lessons	4:00pm - 6:00pm 1 Lap Lane & Open/Family Swim Swim Lessons	4:00pm - 6:00pm 1 Lap Lane & Open/Family Swim 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	6:00pm - 6:45pm 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		
Areas Shade	ed Grey Are A	Group swim lessons run monthly for all AGES! Private & Semi-private lessons are also available!				

Swim & Lap Swim

**April 1st - May 11th Detailed Pool Calendar** 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 1st	April 2nd	April 3rd	April 4th	April 5th	April 6th
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 Artificis	11-11:45am Water Arthritis	12-12.45 Water Artificis	11-11:45am Water Arthritis	12-12:45 Water Arthritis	
6-7pm Special Olympics (3 lanes)	12-12:45pm Swim 4 Fitness	6-7pm Special Olympics (3 lanes)	12-12:45pm Swim 4 Fitness		9-9:45am Water Aerobics
	12-12:45pm Aqua Dance		12-12:45pm Aqua Dance		
				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		
No Swim Lessons Week	No Swim Lessons Week	No Swim Lessons Week	No Swim Lessons Week		
April 8th	April 9th	April 10th	April 11th	April 12th	April 13th
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	
4-7pm Swim Lessons	12-12:45pm Swim 4 Fitness	4-7pm Swim Lessons	12-12:45pm Swim 4 Fitness		
0.7 0	12-12:45pm Aqua Dance	0.7	12-12:45pm Aqua Dance	4.5	9-9:45am Water Aerobics
6-7pm Special Olympics (3 lanes)	4-7pm Swim Lessons	6-7pm Special Olympics (3 lanes)	4-7pm Swim Lessons	4-5pm YW Afterschool	
6-6:45pm Deep H2O Aerobics	4-7 pm Swim Lessons	6-6:45pm Deep H2O Aerobics	4-7 pm Swiii Lessons		
	6-6:45pm Water Aerobics		6-6:45pm Water Aerobics		
April 15th	April 16th	April 17th	April 18th	April 19th	April 20th
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	
4-7pm Swim Lessons	12-12:45pm Swim 4 Fitness	4-7pm Swim Lessons	12-12:45pm Swim 4 Fitness		
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6-7pm Special Olympics (3 lanes)	4-7pm Swim Lessons	6-7pm Special Olympics (3 lanes)	4-7pm Swim Lessons	4-5pm YW Afterschool	
6-6:45pm Deep H2O Aerobics	4 / piii 6 iiii 20000 ii	6-6:45pm Deep H2O Aerobics	4 7 pm Gmm 2000m		
	6-6:45pm Water Aerobics		6-6:45pm Water Aerobics		
April 22nd	April 23rd	April 24th	April 25th	April 26th	April 27th
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11-11:45am Water Aerobics	9-9:45am Water Aerobics	11-11:45am Water Aerobics	9-9:45am Water Aerobics		•
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12-12:45 Water Arthritis 4-7pm Swim Lessons	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons	11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness	12-12:45 Water Arthritis	
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