



Pool Schedule

April 1st - May 11th
 DETAILED POOL CALENDAR 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 <u>Water Aerobics & 1 Lap 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 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	

Areas Shaded Grey Are Available For Open/Family 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 6-7pm Special Olympics (3 lanes) 6-6:45pm Deep H2O Aerobics <i>No Swim Lessons Week</i>	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 <i>No Swim Lessons Week</i>	11-11:45am Water Aerobics 12-12:45 Water Arthritis 6-7pm Special Olympics (3 lanes) 6-6:45pm Deep H2O Aerobics <i>No Swim Lessons Week</i>	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 <i>No Swim Lessons Week</i>	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
April 8th	April 9th	April 10th	April 11th	April 12th	April 13th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-7pm Special Olympics (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 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-7pm Special Olympics (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 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
April 15th	April 16th	April 17th	April 18th	April 19th	April 20th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-7pm Special Olympics (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 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-7pm Special Olympics (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 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
April 22nd	April 23rd	April 24th	April 25th	April 26th	April 27th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-7pm Special Olympics (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 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-7pm Special Olympics (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 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
April 29th	April 30th	May 1st	May 2nd	May 3rd	May 4th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 6-7pm Special Olympics (3 lanes) 6-6:45pm Deep H2O Aerobics <i>No Swim Lessons Week</i>	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 <i>No Swim Lessons Week</i>	11-11:45am Water Aerobics 12-12:45 Water Arthritis 6-7pm Special Olympics (3 lanes) 6-6:45pm Deep H2O Aerobics <i>No Swim Lessons Week</i>	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 <i>No Swim Lessons Week</i>	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics
May 6th	May 7th	May 8th	May 9th	May 10th	May 11th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-7pm Special Olympics (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 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-7pm Swim Lessons 6-7pm Special Olympics (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 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 4-5pm YW Afterschool	9-9:45am Water Aerobics