



Pool Schedule



May 27th - August 31st
 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 - 2:30pm	1:00pm - 2:00pm	1:00pm - 2:30pm	1:00pm - 2:00pm	1:00pm - 2:30pm	
2:30pm - 4:00pm YWCA Camp Swim & 2 Lap Lanes	2:00pm - 4:30pm YWCA Camp Swim & Swim Lessons	2:30pm - 4:00pm YWCA Camp Swim & 2 Lap Lanes	2:00pm - 4:30pm YWCA Camp Swim & Swim Lessons	2:30pm - 4:30pm YWCA Camp Swim & 2 Lap Lanes	
4:00pm - 5:00pm YWCA Camp Swim & Swim Lessons		4:00pm - 5:00pm YWCA Camp Swim & Swim Lessons			
5:00pm - 6:00pm Open/Family Swim & Swim Lessons		5:00pm - 6:00pm Open/Family Swim & Swim Lessons	4:30pm - 6:00pm 1 Lap Lane & Open/Family Swim Lessons		
6:00pm - 7:00pm 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	4:30pm - 6:00pm	
7:00pm - 8:00pm	6:30pm - 7:00pm	7:00pm - 8:00pm	6:30pm - 7:00pm		
Areas Shaded Grey Are Available For Open/Family 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	

May 27th - July 6th Monthly Pool Calendar

Monday 6am - 8pm	Tuesday 6am - 7pm	Wednesday 6am - 8pm	Thursday 6am - 7pm	Friday 6am - 6pm	Saturday 7am - 11am
May 27th	May 28th	May 29th	May 30th	May 31st	June 1st
<p style="text-align: center;">YWCA Closed for Memorial Day</p> <p style="text-align: center;">Happy Memorial Day!</p> <p style="text-align: center;">YWCA Closed</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness</p> <p>6-6:45pm Water Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p style="text-align: center;">6-7pm Special Olympics (3 lanes)</p> <p>6-6:45pm Deep H2O Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance</p> <p>6-6:45pm Water Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p style="text-align: center;">4-5pm YW Afterschool</p>	<p>9-9:45am Water Aerobics</p>
June 3rd	June 4th	June 5th	June 6th	June 7th	June 8th
<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>6-6:45pm Deep H2O Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness</p> <p>6-6:45pm Water Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>6-6:45pm Deep H2O Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance</p> <p>6-6:45pm Water Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p style="text-align: center;">4-5pm YW Afterschool</p>	<p>9-9:45am Water Aerobics</p>
June 10th	June 11th	June 12th	June 13th	June 14th	June 15th
<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Deep H2O Aerobics</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness</p> <p>2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Water Aerobics</p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Deep H2O Aerobics</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness</p> <p>2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Water Aerobics</p>	<p style="text-align: center;">9:30-10:30am HP Family Plung</p> <p style="text-align: center;">10-10:30am Day Care Swim Lesson</p> <p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p>	<p>9-9:45am Water Aerobics</p>
June 17th	June 18th	June 19th	June 20th	June 21st	June 22nd
<p style="text-align: center;">9-11am Trin-Dale Plunge</p> <p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Deep H2O Aerobics</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness</p> <p>2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Water Aerobics</p>	<p style="text-align: center;">YWCA Closed</p> <p style="text-align: center;">YWCA Closed for</p> <p style="text-align: center;">Juneteenth</p> <p style="text-align: center;">YWCA Closed</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness</p> <p style="text-align: center;">12:45-2:30pm HPPD Plunge</p> <p>2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Water Aerobics</p>	<p style="text-align: center;">9:30-10:30am HP Family Plung</p> <p style="text-align: center;">10-10:30am Day Care Swim Lesson</p> <p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p>	<p>9-9:45am Water Aerobics</p>
June 24th	June 25th	June 26th	June 27th	June 28th	June 29th
<p style="text-align: center;">9-11am Trin-Dale Plunge</p> <p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Deep H2O Aerobics</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness</p> <p>2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Water Aerobics</p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p style="text-align: center;">2-3pm LFC Camp Swim</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Deep H2O Aerobics</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness</p> <p>2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Water Aerobics</p>	<p style="text-align: center;">9:30-10:30am HP Family Plung</p> <p style="text-align: center;">10-10:30am Day Care Swim Lesson</p> <p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p>	<p>9-9:45am Water Aerobics</p>
July 1st	July 2nd	July 3rd	July 4th	July 5th	July 6th
<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p style="text-align: center;">2-3pm LFC Camp Swim</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p> <p>6-6:45pm Deep H2O Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness</p> <p>2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim</p> <p style="text-align: center;">4-7pm Swim Lessons</p> <p>6-6:45pm Water Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p> <p>6-6:45pm Deep H2O Aerobics</p> <p style="text-align: center;">No Swim Lessons Week</p>	<p style="text-align: center;">YWCA Closed</p> <p style="text-align: center;">YWCA Closed for the 4th of July!</p> <p style="text-align: center;">Happy 4th of July!</p> <p style="text-align: center;">YWCA Closed</p>	<p style="text-align: center;">9:30-10:30am HP Family Plung</p> <p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim</p>	<p>9-9:45am Water Aerobics</p>

July 1st - Aug 3rd Monthly Pool Calendar

Monday 6am - 8pm	Tuesday 6am - 7pm	Wednesday 6am - 8pm	Thursday 6am - 7pm	Friday 6am - 6pm	Saturday 7am - 11am
July 1st	July 2nd	July 3rd	July 4th	July 5th	July 6th
11-11:45am Water Aerobics 12-12:45 Water Arthritis 2-3pm LFC Camp Swim 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 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 2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics No Swim Lessons Week	11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 6-6:45pm Deep H2O Aerobics No Swim Lessons Week	YWCA Closed YWCA Closed for the 4th of July! Happy 4th of July! YWCA Closed No Swim Lessons Week	9:30-10:30am HP Family Plung 11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim No Swim Lessons Week	9-9:45am Water Aerobics No Swim Lessons Week
July 8th	July 9th	July 10th	July 11th	July 12th	July 13th
9-11am Trin-Dale Plunge 11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 2-3pm LFC Camp Swim 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 12-12:45pm Swim 4 Fitness 2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics	9:30-10:30am HP Family Plung 10-10:30am Day Care Swim Lesson 11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim No Swim Lessons Week	9-9:45am Water Aerobics No Swim Lessons Week
July 15th	July 16th	July 17th	July 18th	July 19th	July 20th
9-11am Trin-Dale Plunge 11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 12-12:45pm Swim 4 Fitness 2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics	9:30-10:30am HP Family Plung 10-10:30am Day Care Swim Lesson 11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim No Swim Lessons Week	9-9:45am Water Aerobics No Swim Lessons Week
July 22nd	July 23rd	July 24th	July 25th	July 26th	July 27th
9-11am Trin-Dale Plunge 11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Arthritis 12-12:45pm Swim 4 Fitness 2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 12-12:45pm Swim 4 Fitness 2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics	9:30-10:30am HP Family Plung 10-10:30am Day Care Swim Lesson 11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim No Swim Lessons Week	9-9:45am Water Aerobics No Swim Lessons Week
July 29th	July 30th	July 31st	Aug 1st	Aug 2nd	Aug 3rd
9-11am Trin-Dale Plunge 11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 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 2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics No Swim Lessons Week	11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics No Swim Lessons Week	9-9:45am Water Aerobics 12-12:45pm Swim 4 Fitness 2-2:30pm YW Camp Swim Lessons 2:30-3:30pm YW Camp Swim 2-2:30pm YW Camp Swim Lessons 3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics No Swim Lessons Week	9:30-10:30am HP Family Plung 10-10:30am Day Care Swim Lesson 11-11:45am Water Aerobics 12-12:45 Water Arthritis 2:30-3:30pm YW Camp Swim 3:30-4:30pm YW Camp Swim No Swim Lessons Week	9-9:45am Water Aerobics No Swim Lessons Week

