

& Deep Water Aerobics

7:00pm - 8:00pm

Pool Schedule

July 22nd - 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 - 9:00am	6:00am - 9:00am	C:000-m 44:000-m	6:00am - 9:00am 6:00am - 11:00am	7:00am - 9:00am		
9:00am - 11:00am Day Care Swim & 2 Lap Lanes	9:00am - 10:00am <u>Water Aerobics Only</u>	6:00am - 11:00am	6:00am - 11:00am	9:00am - 10:00am <u>Water Aerobics Only</u>	6:00am - 11:00am	9:00am - 10:00am Water Aerobics & 1 Lap Lane
	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 Water Aerobics Only 12:00pm - 1:00pm 1 Lap Lane & Open/Family Swim	11:00am - 1:00pm <u>Water Aerobics Only</u>	11:00am - 12:00pm <u>Water Aerobics Only</u> 12:00pm - 1:00pm <u>Water Aerobics & 1 Lap Lane</u>	11:00am - 1:00pm <u>Water Aerobics Only</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 4:00pm - 5:00pm	2:00pm - 4:30pm YWCA Camp Swim & Swim Lessons	2:30pm - 4:30pm YWCA Camp Swim & 2 Lap Lanes		
YWCA Camp Swim & Swim Lessons	4:30pm - 6:00pm 1 Lap Lane & Open/Family	YWCA Camp Swim & Swim Lessons	4:30pm - 6:00pm 1 Lap Lane & Open/Family	4:20::::: 0:00:::::		
5:00pm - 6:00pm Open/Family Swim & Swim Lessons	Swim Swim Lessons	5:00pm - 6:00pm Open/Family Swim & Swim Lessons	Swim Swim Lessons	4:30pm - 6:00pm		
6:00pm - 7:00pm Swim Lessons	6:00pm - 6:45pm Water Aerobics	6:00pm - 6:45pm Swim Lessons	6:00pm - 6:45pm Water Aerobics	SWIM LESSONS		

& Swim Lessons

6:30pm - 7:00pm

Areas Shaded Grey Are Available For Open/Family Swim & Lap Swim

& Deep Water Aerobics

7:00pm - 8:00pm

& Swim Lessons

6:30pm - 7:00pm

United Way
United Way
of Greater High Point

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

> YWCA HIGH POINT 155 W WESTWOOD AVE HIGH POINT, NC 27262 P: 336-882-4126

July 22nd - Aug 31st Monthly Pool Calendar

		July 22nd - Aug 31st I			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am - 8pm	6am - 7pm	6am - 8pm	6am - 7pm	6am - 6pm	7am - 11am
July 22nd	July 23rd	July 24th	July 25th	July 26th	July 27th
	9-9:45am Water Aerobics		9-9:45am Water Aerobics		
9-10am Trin-Dale Plunge			10-11am HP Family Swim Lesson	10-10:30am Day Care Swim Lesson	
10-11am Trin-Dale Plunge	11-11:45am Water Aerobics		11-11:45am Water Aerobics		
11-11:45am Water Aerobics	12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics	12-12:45pm Swim 4 Fitness		
12-12:45 Water Arthritis	1-2pm Mema Kings Daycare	12-12:45 Water Arthritis	12-12:45pm Aqua Dance	11-11:45am Water Aerobics	
	2-2:30pm YW Camp Swim Lessons		2-2:30pm YW Camp Swim Lessons	12-12:45 Water Arthritis	9-9:45am Water Aerobics
2:30-3:30pm YW Camp Swim	2:30-3:30pm YW Camp Swim	2:30-3:30pm YW Camp Swim	2:30-3:30pm YW Camp Swim		
3:30-4:30pm YW Camp Swim	2-2:30pm YW Camp Swim Lessons	3:30-4:30pm YW Camp Swim	2-2:30pm YW Camp Swim Lessons	2:30-3:30pm YW Camp Swim	
	3:30-4:30pm YW Camp Swim	· · · · · · · · · · · · · · · · · · ·	3:30-4:30pm YW Camp Swim	3:30-4:30pm YW Camp Swim	
4-7pm Swim Lessons	4-7pm Swim Lessons	4-7pm Swim Lessons	4-7pm Swim Lessons		
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics		
July 29th	July 30th	July 31st	Aug 1st	Aug 2nd	Aug 3rd
J,	9-9:45am Water Aerobics		9-9:45am Water Aerobics	g	19 1
9-10am Trin-Dale Plunge			10-11am HP Family Swim Lesson		
10-11am Trin-Dale Plunge	11-11:45am Water Aerobics		11-11:45am Water Aerobics	10-10:30am Day Care Swim Lesson	
11-11:45am Water Aerobics	12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics	12-12:45pm Swim 4 Fitness	10 10.00am Bay Gare Own Leadon	
12-12:45 Water Arthritis	1-2pm Mema Kings Daycare	12-12:45 Water Arthritis	12 12.40pm 0mm 4 1 tai000		
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2:30-3:30pm YW Camp Swim	2:30-3:30pm YW Camp Swim	2:30-3:30pm YW Camp Swim	2:30-3:30pm YW Camp Swim	12-12:45 Water Arthritis	5-5.43aiii Water Aerobics
3:30-4:30pm YW Camp Swim	3:30-4:30pm YW Camp Swim	3:30-4:30pm YW Camp Swim	3:30-4:30pm YW Camp Swim	12-12.45 Water Artifitis	
3.30-4.30pm TW Camp Swim	3.30-4.30pm TW Camp Swim	3.30-4.30pm TW Camp Swim	3.30-4.30pm TW Camp Swim	2:30-3:30pm YW Camp Swim	
6 6:45mm Doon H2O Asymbias	6 6: 45mm Mater Asympton	6 6:45mm Doon H2O Acrobics	6 6: 45pm Mater Asychics		
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	3:30-4:30pm YW Camp Swim	
No Swim Lessons Week	No Swim Lessons Week	No Swim Lessons Week	No Swim Lessons Week		
Aug 5th	Aug 6th	Aug 7th	Aug 8th	Aug 9th	Aug 10th
	9-9:45am Water Aerobics		9-9:45am Water Aerobics		
9-10am Trin-Dale Plunge			10-11am HP Family Swim Lesson	10-10:30am Day Care Swim Lesson	
10-11am Trin-Dale Plunge	11-11:45am Water Aerobics		11-11:45am Water Aerobics		
11-11:45am Water Aerobics	12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics	12-12:45pm Swim 4 Fitness		
12-12:45 Water Arthritis	1-2pm Mema Kings Daycare	12-12:45 Water Arthritis	12-12:45pm Aqua Dance	11-11:45am Water Aerobics	
	2-2:30pm YW Camp Swim Lessons		2-2:30pm YW Camp Swim Lessons	12-12:45 Water Arthritis	9-9:45am Water Aerobics
2:30-3:30pm YW Camp Swim	2:30-3:30pm YW Camp Swim	2:30-3:30pm YW Camp Swim	2:30-3:30pm YW Camp Swim		
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4-7pm Swim Lessons	3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics Aug 13th	4-7pm Swim Lessons	3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics Aug 15th		Aug 17th
4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Aug 12th	3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics	4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics	3:30-4:30pm YW Camp Swim Aug 16th	Aug 17th
4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics Aug 12th 9-10am Trin-Dale Plunge	3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics Aug 13th 9-9:45am Water Aerobics	4-7pm Swim Lessons 6-6:45pm Deep H2O Aerobics	3:30-4:30pm YW Camp Swim 4-7pm Swim Lessons 6-6:45pm Water Aerobics Aug 15th 9-9:45am Water Aerobics	3:30-4:30pm YW Camp Swim	Aug 17th
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