

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	6:00am - 11:00am	6:00am - 9:00am	6:00am - 11:00am	
9:00am - 11:00am Day Care Swim & 2 Lap Lanes	9:00am - 10:00am <u>Water Aerobics Only</u>		9:00am - 10:00am <u>Water Aerobics Only</u>		7:00am - 9:00am
	10:00am - 11:00am		10:00am - 11:00am		9:00am - 10:00am <u>Water Aerobics & 1 Lap Lane</u>
11:00am - 1:00pm <u>Water Aerobics Only</u>	11:00am - 12:00pm <u>Water Aerobics Only</u>	1:00pm - 2:30pm	11:00am - 12:00pm <u>Water Aerobics Only</u>	11:00am - 1:00pm <u>Water Aerobics Only</u>	
	12:00pm - 1:00pm <u>1 Lap Lane & Open/Family Swim</u>		12:00pm - 1:00pm <u>Water Aerobics & 1 Lap Lane</u>		
1:00pm - 2:30pm	1:00pm - 2:00pm		1:00pm - 2:00pm		
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					
5:00pm - 6:00pm Open/Family Swim & Swim Lessons	4:30pm - 6:00pm 1 Lap Lane & Open/Family Swim Swim Lessons	5:00pm - 6:00pm Open/Family Swim & Swim Lessons	4:30pm - 6:00pm 1 Lap Lane & Open/Family Swim Swim Lessons	4:30pm - 6:00pm	
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		
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 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

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