

Pool Schedule

August 26th - October 5th

****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 Swim for Fitness Open/Family Swim & 1 Lap Lane		12:00pm - 1:00pm Aqua Dance & Swim for Fitness & 1 Lap Lane		
1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	1:00pm - 4:00pm	
4:00pm - 5:00pm Swim Lessons 2 Lap Lane & Open/Family Swim	4:00pm - 5:00pm Swim Lessons 2 Lap Lane & Open/Family Swim	4:00pm - 5:00pm Swim Lessons 2 Lap Lane & Open/Family Swim	4:00pm - 5:00pm Swim Lessons 2 Lap Lane & Open/Family Swim	4:00pm - 5:00pm YWCA Afterschool Swim & 2 Lap Lane	
5:00pm - 6:00pm Swim Lessons & Open/Family Swim	5:00pm - 6:00pm Swim Lessons & Open/Family Swim	5:00pm - 6:00pm Swim Lessons & Open/Family Swim	5:00pm - 6:00pm Swim Lessons & Open/Family Swim	5:00pm - 6:00pm	
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		
6:45pm - 8:00pm	6:30pm - 7:00pm	6:45pm - 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



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

August 26th - October 5th Monthly Pool Calendar

Monday 6am - 8pm	Tuesday 6am - 7pm	Wednesday 6am - 8pm	Thursday 6am - 7pm	Friday 6am - 6pm	Saturday 7am - 11am
Aug 26th	Aug 27th	Aug 28th	Aug 29th	Aug 30th	Aug 31st
<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>6-6:45pm Deep H2O Aerobics</p> <p><i>No Swim Lessons Week</i></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><i>No Swim Lessons Week</i></p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>6-6:45pm Deep H2O Aerobics</p> <p><i>No Swim Lessons Week</i></p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance</p> <p>6-6:45pm Water Aerobics</p> <p><i>No Swim Lessons Week</i></p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>4-5pm YW Afterschool Swim</p>	<p>9-9:45am Water Aerobics</p>
Sept 2nd	Sept 3rd	Sept 4th	Sept 5th	Sept 6th	Sept 7th
<p style="color: red;">YWCA CLOSED</p> <p style="color: red;">YWCA CLOSED FOR LABOR DAY!</p> <p style="color: red;">HAPPY LABOR DAY!</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><i>No Swim Lessons Week</i></p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p style="color: red;">5-7pm APP Plunge</p> <p>6-6:45pm Deep H2O Aerobics</p> <p><i>No Swim Lessons Week</i></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><i>No Swim Lessons Week</i></p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>4-5pm YW Afterschool Swim</p>	<p>9-9:45am Water Aerobics</p>
Sept 9th	Sept 10th	Sept 11th	Sept 12th	Sept 13th	Sept 14th
<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>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>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>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>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>4-5pm YW Afterschool Swim</p>	<p>9-9:45am Water Aerobics</p>
Sept 16th	Sept 17th	Sept 18th	Sept 19th	Sept 20th	Sept 21st
<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>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>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>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>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>4-5pm YW Afterschool Swim</p>	<p>9-9:45am Water Aerobics</p>
Sept 23rd	Sept 24th	Sept 25th	Sept 26th	Sept 27th	Sept 28th
<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>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>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>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>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>4-5pm YW Afterschool Swim</p>	<p>9-9:45am Water Aerobics</p>
Sept 30th	Oct 1st	Oct 2nd	Oct 3rd	Oct 4th	Oct 5th
<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>6-6:45pm Deep H2O Aerobics</p> <p><i>No Swim Lessons Week</i></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><i>No Swim Lessons Week</i></p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>6-6:45pm Deep H2O Aerobics</p> <p><i>No Swim Lessons Week</i></p>	<p>9-9:45am Water Aerobics</p> <p>11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance</p> <p>6-6:45pm Water Aerobics</p> <p><i>No Swim Lessons Week</i></p>	<p>11-11:45am Water Aerobics 12-12:45 Water Arthritis</p> <p>4-5pm YW Afterschool Swim</p>	<p>9-9:45am Water Aerobics</p>