

Pool Schedule

January 27th - February 8th, 2025

****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		12:00pm - 1:00pm Aqua Dance & Swim for Fitness		
1:00pm - 3:00pm	1:00pm - 3:00pm	1:00pm - 3:00pm	1:00pm - 3:00pm	1:00pm - 4:00pm	
3:00pm - 4:00pm WCD Swim Team: 3 Lanes Open/Family Swim	3:00pm - 4:00pm WCD Swim Team: 3 Lanes Open/Family Swim	3:00pm - 4:00pm WCD Swim Team: 3 Lanes Open/Family Swim	3:00pm - 4:00pm WCD Swim Team: 3 Lanes Open/Family Swim		
4:00pm - 5:00pm WCD Swim Team: 3 Lanes Swim Lessons & Open/Family Swim	4:00pm - 5:00pm WCD Swim Team: 3 Lanes Swim Lessons & Open/Family Swim	4:00pm - 5:00pm WCD Swim Team: 3 Lanes Swim Lessons & Open/Family Swim	4:00pm - 5:00pm WCD Swim Team: 3 Lanes Swim Lessons & Open/Family Swim	4:00pm - 5:00pm YWCA Afterschool Swim & 2 Lap Lane	
5:00pm - 6:00pm HPC Swim Team: 3 Lanes Swim Lessons	5:00pm - 6:00pm HPC Swim Team: 3 Lanes Swim Lessons & Open/Family Swim	5:00pm - 6:00pm HPC Swim Team: 3 Lanes Swim Lessons	5:00pm - 6:00pm HPC Swim Team: 3 Lanes 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. See Back For A Detailed Pool Calendar****

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

Pool Schedule

February 10th - March 15th, 2025

****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	
	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		12:00pm - 1:00pm Aqua Dance & Swim for Fitness		
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 & Open/Family Swim & 2 Lap Lanes	4:00pm - 5:00pm Swim Lessons & Open/Family Swim & 2 Lap Lanes	4:00pm - 5:00pm Swim Lessons & Open/Family Swim & 2 Lap Lanes	4:00pm - 5:00pm Swim Lessons & Open/Family Swim & 2 Lap Lanes	4:00pm - 5:00pm YWCA Afterschool Swim & 2 Lap Lanes	
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 - 7:00pm Special Olympics - 3 Lanes Swim Lessons & Deep Water Aerobics	6:00pm - 7:00pm Water Aerobics & Swim Lessons	6:00pm - 7:00pm Special Olympics - 3 Lanes Swim Lessons & Deep Water Aerobics	6:00pm - 7:00pm 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. See Back For A Detailed Pool Calendar****

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

January 27th - March 15th, 2025 Monthly Pool Calendar

Monday 6am - 8pm	Tuesday 6am - 7pm	Wednesday 6am - 8pm	Thursday 6am - 7pm	Friday 6am - 6pm	Saturday 7am - 11am
Jan 27th	Jan 28th	Jan 29th	Jan 30th	Jan 31st	Feb 1st
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 2-3pm YW Day Camp Swim 3-4pm WCD Swim Team 3 Lanes 4-5pm WCD Swim Team 3 Lanes 5-6pm HPC Swim Team 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 3-4pm WCD Swim Team 3 Lanes 4-5pm WCD Swim Team 3 Lanes 5-6pm HPC Swim Team 3 Lanes 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 5-6pm HPC Swim Team 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance 3-4pm WCD Swim Team 3 Lanes 4-5pm WCD Swim Team 3 Lanes 5-6pm HPC Swim Team 3 Lanes 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
Feb 3rd	Feb 4th	Feb 5th	Feb 6th	Feb 7th	Feb 8th
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 3-4pm WCD Swim Team 3 Lanes 4-5pm WCD Swim Team 3 Lanes 5-6pm HPC Swim Team 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 3-4pm WCD Swim Team 3 Lanes 4-5pm WCD Swim Team 3 Lanes 5-6pm HPC Swim Team 3 Lanes 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 3-4pm WCD Swim Team 3 Lanes 4-5pm WCD Swim Team 3 Lanes 5-6pm HPC Swim Team 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance 3-4pm WCD Swim Team 3 Lanes 4-5pm WCD Swim Team 3 Lanes 5-6pm HPC Swim Team 3 Lanes 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
Feb 10th	Feb 11th	Feb 12th	Feb 13th	Feb 14th	Feb 15th
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
Feb 17th	Feb 18th	Feb 19th	Feb 20th	Feb 21st	Feb 22nd
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
Feb 24th	Feb 25th	Feb 26th	Feb 27th	Feb 28th	March 1st
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
March 3rd	March 4th	March 5th	March 6th	March 7th	March 8th
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics No Swim Lessons	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 6-6:45pm Water Aerobics No Swim Lessons	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics No Swim Lessons	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance 6-6:45pm Water Aerobics No Swim Lessons	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
March 10th	March 11th	March 12th	March 13th	March 14th	March 15th
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 5-6pm Special Olympics 3 Lanes 6-6:45pm Deep H2O Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics