

& Deep Water Aerobics

6:45pm - 8:00pm

## **Pool Schedule**

\*\*DETAILED POOL CALENDAR ON BACK\*\* This schedule is subject to change without notice



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 &amp; 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 Water Aerobics Only	– 11:00am - 1:00pm <u>Water Aerobics Only</u>	11:00am - 12:00pm Water Aerobics Only	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	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. See Back For A Detailed Pool Calendar\*\*

& Deep Water Aerobics

6:45pm - 8:00pm

& Swim Lessons

6:30pm - 7:00pm

## 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



## **Pool Schedule**

February 10th - March 15th, 2025

\*\*DETAILED POOL CALENDAR ON BACK\*\*
This schedule is subject to change without notice



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 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 <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	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					
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\*\*



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

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

January 27th - March 15th, 2025 Monthly Pool Calendar								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
6am - 8pm	6am - 7pm	6am - 8pm	6am - 7pm	6am - 6pm	7am - 11am			
Jan 27th	Jan 28th	Jan 29th	Jan 30th	Jan 31st	Feb 1st			
	9-9:45am Water Aerobics		9-9:45am Water Aerobics					
11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics				
12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis				
			12-12:45pm Aqua Dance					
2-3pm YW Day Camp Swim					9-9:45am Water Aerobics			
3-4pm WCD Swim Team 3 Lanes	3-4pm WCD Swim Team 3 Lanes		3-4pm WCD Swim Team 3 Lanes					
4-5pm WCD Swim Team 3 Lanes	4-5pm WCD Swim Team 3 Lanes		4-5pm WCD Swim Team 3 Lanes	4-5pm YW Afterschool Swim				
5-6pm HPC Swim Team 3 Lanes	5-6pm HPC Swim Team 3 Lanes	5-6pm HPC Swim Team 3 Lanes	5-6pm HPC Swim Team 3 Lanes					
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics					
Feb 3rd	Feb 4th	Feb 5th	Feb 6th	Feb 7th	Feb 8th			
	9-9:45am Water Aerobics		9-9:45am Water Aerobics					
11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics				
12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis				
			12-12:45pm Aqua Dance					
					9-9:45am Water Aerobics			
3-4pm WCD Swim Team 3 Lanes	3-4pm WCD Swim Team 3 Lanes	3-4pm WCD Swim Team 3 Lanes	3-4pm WCD Swim Team 3 Lanes					
4-5pm WCD Swim Team 3 Lanes	4-5pm WCD Swim Team 3 Lanes	4-5pm WCD Swim Team 3 Lanes	4-5pm WCD Swim Team 3 Lanes	4-5pm YW Afterschool Swim				
5-6pm HPC Swim Team 3 Lanes	5-6pm HPC Swim Team 3 Lanes	5-6pm HPC Swim Team 3 Lanes	5-6pm HPC Swim Team 3 Lanes					
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics					
Feb 10th	Feb 11th	Feb 12th	Feb 13th	Feb 14th	Feb 15th			
	9-9:45am Water Aerobics		9-9:45am Water Aerobics					
11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics				
12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis				
		•	12-12:45pm Aqua Dance	•				
					9-9:45am Water Aerobics			
4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4-5pm YW Afterschool Swim				
5-6pm Special Olympics 3 Lanes		5-6pm Special Olympics 3 Lanes						
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics					
Feb 17th	Feb 18th	Feb 19th	Feb 20th	Feb 21st	Feb 22nd			
	9-9:45am Water Aerobics		9-9:45am Water Aerobics					
11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics				
12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis				
			12-12:45pm Aqua Dance					
			7 7 7 1 1 1		9-9:45am Water Aerobics			
4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4-5pm YW Afterschool Swim				
5-6pm Special Olympics 3 Lanes	p p 1	5-6pm Special Olympics 3 Lanes	γ γ ι	•				
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics					
Feb 24th	Feb 25th	Feb 26th	Feb 27th	Feb 28th	March 1st			
	9-9:45am Water Aerobics		9-9:45am Water Aerobics					
11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics				
12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis				
12 121 10 111 1111 1111 1111			12-12:45pm Aqua Dance					
			12 12 19 11 19 11 19 11 19		9-9:45am Water Aerobics			
4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4-5pm YW Afterschool Swim				
5-6pm Special Olympics 3 Lanes	.p p 2000010	5-6pm Special Olympics 3 Lanes	.pp 20000110					
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics					
March 3rd	March 4th	March 5th	March 6th	March 7th	March 8th			
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11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics				
12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis	12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis				
12-12.45pii Water Artimus	12-12.40pm Gwiiii 4 i idie33	12-12.40pm Water Aramas	12-12:45pm Aqua Dance	12-12.40pm Water Aramas				
			12 12.40pm Aqua Dance		9-9:45am Water Aerobics			
				4-5pm YW Afterschool Swim	V V. TOURI MULEI METODICS			
5-6pm Special Olympics 3 Lanes		5-6pm Special Olympics 3 Lanes		4 opin 111 Antilacinoti owini				
6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics	6-6:45pm Deep H2O Aerobics	6-6:45pm Water Aerobics					
	No Swim Lessons	No Swim Lessons	No Swim Lessons					
No Swim Lessons		March 12th	March 13th	March 14th	March 15th			
No Swim Lessons  March 10th	March 11th	maron izui		maron 17th	march rour			
March 10th	March 11th 9-9:45am Water Aerobics		9-9:45am Water Aeronics					
March 10th	9-9:45am Water Aerobics	11-11:45am Water Aerobics	9-9:45am Water Aerobics	11-11:45am Water Aerobics				
March 10th  11-11:45am Water Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics	11-11:45am Water Aerobics				
March 10th	9-9:45am Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis	11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness	11-11:45am Water Aerobics 12-12:45pm Water Arthritis				
March 10th 11-11:45am Water Aerobics	9-9:45am Water Aerobics 11-11:45am Water Aerobics		11-11:45am Water Aerobics		9.9.45am Water ∆erobics			
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March 10th  11-11:45am Water Aerobics 12-12:45pm Water Arthritis  4pm-7pm Swim Lessons	9-9:45am Water Aerobics 11-11:45am Water Aerobics	12-12:45pm Water Arthritis 4pm-7pm Swim Lessons	11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness		9-9:45am Water Aerobics			
March 10th  11-11:45am Water Aerobics 12-12:45pm Water Arthritis	9-9:45am Water Aerobics 11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness	12-12:45pm Water Arthritis	11-11:45am Water Aerobics 12-12:45pm Swim 4 Fitness 12-12:45pm Aqua Dance	12-12:45pm Water Arthritis	9-9:45am Water Aerobics			