

7:00pm - 8:00pm

Pool Schedule

DETAILED POOL CALENDAR ON BACK



	This schedule is subject to change without notice						
Monday 6:00am - 8:00pm	Tuesday	Wednesday	Thursday 6:00am - 7:00pm	Friday	Saturday 7:00am - 11:00am		
6:00am - 11:00am	6:00am - 7:00pm 6:00am - 9:00am	6:00am - 8:00pm 6:00am - 11:00am	6:00am - 9:00am	6:00am - 6:00pm	7:00am - 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 Swim for Fitness & Open/Family Swim				
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!			

6:30pm - 7:00pm

Areas Shaded Grey Are Available For Open/Family Swim & Lap Swim. See Back For A Detailed Pool Calendar

7:00pm - 8:00pm

6:30pm - 7:00pm

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

March 17th - May 3rd, 2025 Monthly Pool Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am - 8pm	6am - 7pm	6am - 8pm	6am - 7pm	6am - 6pm	7am - 11am
March 17th	March 18th	March 19th	March 20th	March 21st	March 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	
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4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	4-5pm YW Afterschool Swim	
6-7pm Special Olympics 3 Lanes	İ	6-7pm 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		
March 24th	March 25th	March 26th	March 27th	March 28th	March 29th
	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	
Ann Ann Swim Lacons	4pm-7pm Swim Lessons	4pm-7pm Swim Lessons	Ann Ann Swim Lagana	4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
4pm-7pm Swim Lessons	4pm-rpm Swim Lessons	4pm-rpm Swim Lessons	4pm-7pm Swim Lessons	4-3pm TW Alterschool Swim	
6-7pm Special Olympics 3 Lanes		6-7pm 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		
March 31st	April 1st	April 2nd	April 3rd	April 4th	April 5th
44 44 4Fam Water Arrives	9-9:45am Water Aerobics	44 44 45	9-9:45am Water Aerobics	44 44 4Fam 195 () A	
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	
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2-3pm YWCA All Day Camp					9-9:45am Water Aerobics
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6-7pm Special Olympics 3 Lanes	İ	6-7pm 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		
No Swim Lessons	No Swim Lessons	No Swim Lessons	No Swim Lessons		
April 7th	April 8th	April 9th	April 10th	April 11th	April 12th
·	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	
	İ				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	
6-7pm Special Olympics 3 Lanes		6-7pm 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		
April 14th	April 15th	April 16th	April 17th	April 18th	April 19th
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