

Pool Schedule

March 17th - May 3rd, 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 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		
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

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

Monday 6am - 8pm	Tuesday 6am - 7pm	Wednesday 6am - 8pm	Thursday 6am - 7pm	Friday 6am - 6pm	Saturday 7am - 11am
March 17th	March 18th	March 19th	March 20th	March 21st	March 22nd
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 6-7pm 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 6-7pm 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 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
March 24th	March 25th	March 26th	March 27th	March 28th	March 29th
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 6-7pm 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 6-7pm 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 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
March 31st	April 1st	April 2nd	April 3rd	April 4th	April 5th
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 2-3pm YWCA All Day Camp 6-7pm 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 6-7pm 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 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
April 7th	April 8th	April 9th	April 10th	April 11th	April 12th
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 6-7pm 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 6-7pm 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 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
April 14th	April 15th	April 16th	April 17th	April 18th	April 19th
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 2-3pm YWCA All Day Camp 4pm-7pm Swim Lessons 6-7pm 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 2-3pm YWCA All Day Camp 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	11-11:45am Water Aerobics 12-12:45pm Water Arthritis 2-3pm YWCA All Day Camp 4pm-7pm Swim Lessons 6-7pm 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 2-3pm YWCA All Day Camp 4pm-7pm Swim Lessons 6-6:45pm Water Aerobics	YWCA CLOSED FOR GOOD FRIDAY! YWCA CLOSED FOR GOOD FRIDAY!	9-9:45am Water Aerobics
April 21st	April 22nd	April 23rd	April 24th	April 25th	April 26th
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 4pm-7pm Swim Lessons 6-7pm 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 6-7pm 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 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics
April 28th	April 29th	April 30th	May 1st	May 2nd	May 3rd
11-11:45am Water Aerobics 12-12:45pm Water Arthritis 6-7pm 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 6-7pm 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 4-5pm YW Afterschool Swim	9-9:45am Water Aerobics