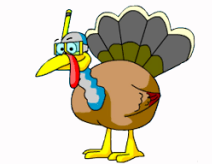


November 2017 - YWCA Pool Schedule

Mon - Thurs: 5:45am - 8pm (Adult Swim 12:00pm-1:00pm)

Friday: 5:45am - 7pm (Adult Swim 12:00pm-1:00pm)

Sat. 8am-4:45pm Sun. 1-4:45pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>8-8:50am H2O Dynamics: Deep 9-9:50am H2O Dynamics: Deep 10-10:50am Power Hour 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio</p>	<p>2</p> <p>8-8:50am Deep Water Fun & Fitness 9-10am Aqua Yoga 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons 5pm-7pm Fall Swim Clinic</p> <p>Fall Swim Clinic 5pm-7pm 1 lane open for members</p>	<p>3</p> <p>9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim</p>	<p>4</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons</p> <p>Lifeguard Course 12pm-5pm</p> <p>The pool will remain open during this program.</p>
<p>5</p>	<p>6</p> <p>8-8:50am H2O Dynamics: Deep 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons 5pm-7pm Fall Swim Clinic</p> <p>Priority Registration Starts for Orange Crush 7:30am-8pm</p> <p>Fall Swim Clinic 5pm-7pm 1 lane open for members</p>	<p>7</p> <p>8-8:50am Deep Water Fun & Fitness 9-9:50am Arthritis Energizer 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing</p>	<p>8</p> <p>8-8:50am H2O Dynamics: Deep 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio</p>	<p>9</p> <p>8-8:50am Deep Water Fun & Fitness 9-10am Aqua Yoga 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons 5pm-7pm Fall Swim Clinic</p> <p>Last Day for Fall Swim Clinic 1 lane open for members 5pm-7pm</p>	<p>10</p> <p>9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim</p>	<p>11</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons</p> <p>Lifeguard Course 12pm-5pm</p> <p>The pool will remain open during this program.</p>
<p>12</p>	<p>13</p> <p>8-8:50am H2O Dynamics: Deep 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons</p> <p>Open Registration Starts for Orange Crush 7:30am-8pm</p>	<p>14</p> <p>8-8:50am Deep Water Fun & Fitness 9-9:50am Arthritis Energizer 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing</p>	<p>15</p> <p>8-8:50am H2O Dynamics: Deep 9-9:50am H2O Dynamics: Deep 10-10:50am Power Hour 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio</p>	<p>16</p> <p>8-8:50am Deep Water Fun & Fitness 9-10am Aqua Yoga 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons</p>	<p>17</p> <p>9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim 6-8pm Flick & Float</p> <p>Flick and Float 6-8pm Smurfs: The Lost Village Registration Ends 11/10</p>	<p>18</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons</p> <p>Lifeguard Course 12pm-5pm</p> <p>The pool will remain open during this program.</p>
<p>19</p>	<p>20</p> <p>8-8:50am H2O Dynamics: Deep 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons</p>	<p>21</p> <p>8-8:50am Deep Water Fun & Fitness 9-9:50am Arthritis Energizer 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing</p>	<p>22</p> <p>5:45am-5:30pm Pool Hours 12:00-1:00pm Adult Swim</p> <p>Fitness Center Hours: 5:45am – 7pm - Pool closes 6:45pm - AM Child Care Only - Check email for classes</p>	<p>23</p> <p>YWCA CLOSED Happy Thanksgiving!</p> 	<p>24</p> <p>8am-4:45pm Pool Hours 12:00-1:00pm Adult Swim</p> <p>Fitness Center Hours: 8am – 5pm - Pool closes 4:45pm - No Child Care - Check email for classes</p>	<p>25</p> <p>9-9:50am Aqua Boxing</p> <p>Fitness Center Hours: 8am – 5pm - Pool closes 4:45pm - No Swim Lessons - Check email for classes</p>
<p>26</p>	<p>27</p> <p>8-8:50am H2O Dynamics: Deep 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons</p>	<p>28</p> <p>8-8:50am Deep Water Fun & Fitness 9-9:50am Arthritis Energizer 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons 6-6:55pm Aqua Boxing</p>	<p>29</p> <p>8-8:50am H2O Dynamics: Deep 9-9:50am H2O Dynamics: Deep 10-10:50am Power Hour 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio</p>	<p>30</p> <p>8-8:50am Deep Water Fun & Fitness 9-10am Aqua Yoga 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons</p>		