

**December 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
					1 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim	2 9-9:50am Aqua Boxing 9-12pm Group Swim Lessons
3	4 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	5 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	6 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	7 8-8:50am Deep Water Fun & Fitness 9-10am Aqua Yoga 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons 6:30-7:30 12 Days Of Christmas  <b>12 Days of Christmas workout 6:30pm-7:30pm</b>  <b>The pool will remain open during this program.</b>	8 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim	9 9-9:50am Aqua Boxing 9-12pm Group Swim Lessons
10	11 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	12 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	13 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	14 8-8:50am Deep Water Fun & Fitness 9-10am Aqua Yoga 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons	15 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim 6-8pm Flick & Float  <b>Flick and Float 6-8pm Emoji Movie Registration Ends 12/10</b>	16 9-9:50am Aqua Boxing 9-12pm Group Swim Lessons
17	18 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	19 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	20 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  <b>Lifeguard Course 12pm-6pm</b>  <b>The pool will remain open during this program.</b>	21 8-8:50am Deep Water Fun & Fitness 9-10am Aqua Yoga 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons  <b>Lifeguard Course 12pm-6pm</b>  <b>The pool will remain open during this program.</b>	22 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim  <b>Lifeguard Course 12pm-6pm</b>  <b>The pool will remain open during this program.</b>	23 8:00am-1:00pm Pool Hours 9-9:50am Aqua Boxing  <b>Fitness Center Hours: 8am – 5pm</b>  <b>Pool Hours: 8:00am-1:00pm</b>
24 <b>Regular Fitness Center Hours 1pm-5pm</b> - Pool closes 4:45pm	25 <b>YWCA CLOSED</b> Merry Christmas! 	26 7:00am-4:45pm Pool Hours 12:00-1:00pm Adult Swim  <b>Fitness Center Hours: 7:00am – 5:00pm</b> - Pool closes 4:45pm - AM Child Care Only - No regular fitness classes	27 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  <b>Lifeguard Course 12pm-6pm</b>  <b>The pool will remain open during this program.</b>	28 8-8:50am Deep Water Fun & Fitness 9-10am Aqua Yoga 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons  <b>Lifeguard Course 12pm-6pm</b>  <b>The pool will remain open during this program.</b>	29 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim  <b>Lifeguard Course 12pm-6pm</b>  <b>The pool will remain open during this program.</b>	30 9-9:50am Aqua Boxing
31 <b>Regular Fitness Center Hours 1pm-5pm</b> - Pool closes 4:45pm						