

January 2018 - 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>New Year's Day <u>Fitness Center Hours 10am – 2pm</u> - Pool closes 4:45pm - No Child Care - No regularly scheduled classes - Check Pop-Up Classes</p>	<p>2</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>3</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>4</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>5</p> <p>9:10-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim</p>	<p>6</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons</p>
7	<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</p>	<p>9</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>10</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>11</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>12</p> <p>9:10-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim</p>	<p>13</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>
14	<p>15</p> <p>MLK Day <u>Fitness Center Hours 8am – 5pm</u> - Pool closes 4:45pm - AM Child Care Only No regularly scheduled classes - Check Pop-Up Classes</p> <p>Lifeguard Course 12pm-5pm</p> <p>The pool will remain open during this program.</p>	<p>16</p> <p>Scheduled Pool Closing & Water will be off in the Building <u>Fitness Center will be Open</u> - Pool closed all day - No Swim Lessons - No Pool Classes</p>	<p>17</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>18</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>19</p> <p>9:10-9:50am 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 The Lego Ninjago Movie</p> <p>*Registration closes 7 days prior to the movie</p>	<p>20</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>
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