

March 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>8-8:50am Deep Water Fun & Fitness 9-10am Aqua Yoga 12:00-1:00pm Adult Swim 3:10-5:30pm Group Swim Lessons 5:00-7:30pm Orange Crush Swim Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>2</p> <p>9:10-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim</p>	<p>3</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons At 2pm Pool Closed</p> <p>Lifeguard course 10am-2pm</p> <p>Pool closes at 2pm for Orange Crush Swim Meet</p>
<p>4</p> <p>Lifeguard Course 1pm-5pm</p> <p>The pool will remain open during this program.</p>	<p>5</p> <p>8-8:50am H2O Dynamics: Deep 9-9:45am Aqua Tai Chi—Shallow 10-10:50am Power Hour—Deep 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons 5-7:30pm Orange Crush Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>6</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>7</p> <p>8-8:50am H2O Dynamics: Deep 9-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour—Deep 12:00-1:00pm Adult Swim 3:30-5:30pm Group Swim Lessons 6-6:45pm Aqua Cardio 6:45-8pm Orange Crush Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>8</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 5:00-7:30pm Orange Crush Swim Practice</p> <p>During Orange Crush Swim Practice only 1 lane will be available.</p>	<p>9</p> <p>9:10-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour—Deep 12:00-1:00pm Adult Swim</p>	<p>10</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons</p> <p>Lifeguard Course 10am-5pm</p> <p>The pool will remain open during this program.</p>
<p>11</p> <p>Lifeguard & WSI 1pm-5pm</p> <p>The pool will remain open during these programs.</p>	<p>12</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>13</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>14</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 7-8pm Splash & Dash Swim</p> <p>During Splash & Dash Swim only 1 lane will be available.</p>	<p>15</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>16</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 Paddington</p> <p>*Registration closes 7 days prior to the movie</p>	<p>17</p> <p>9-9:50am Aqua Boxing 9-12pm Group Swim Lessons</p> <p>Lifeguard & Scuba Course 12pm-5pm</p> <p>The pool will remain open during these programs.</p>
<p>18</p> <p>Lifeguard & Scuba 1pm-5pm</p> <p>The pool will remain open during these programs.</p>	<p>19</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>20</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>21</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 7-8pm Splash & Dash Swim</p> <p>During Splash & Dash Swim only 1 lane will be available.</p>	<p>22</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>23</p> <p>9:10-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim 4:30pm Pool Closed 5-6:50pm Easter Egg Hunt</p> <p>Underwater Easter Egg Hunt Ages 3-13 5:00pm-6:50pm</p>	<p>24</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 these programs.</p>
<p>25</p> <p>Lifeguard Course 1pm-5pm</p> <p>The pool will remain open during these programs.</p>	<p>26</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>27</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>28</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 7-8pm Splash & Dash Swim</p> <p>During Splash & Dash Swim only 1 lane will be available.</p>	<p>29</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>30</p> <p>9:10-9:50am H2O Dynamics: Shallow 10-10:50am Power Hour 12:00-1:00pm Adult Swim</p>	<p>31</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 these programs.</p>