



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

WARREN COUNTY YMCA

SUMMER I Session: June 3 – June 22, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30–7:00am Lap Swim	5:30–7:00am Lap Swim	5:30–7:00am Lap Swim	5:30–7:00am Lap Swim	5:30–7:00am Lap Swim	
					6:30–8:00am Lap Swim
7:00–8:00am Lap Swim / Exercise	7:00–8:00am Lap Swim / Exercise	7:00–8:00am Lap Swim / Exercise	7:00–8:00am Lap Swim / Exercise	7:00–8:00am Lap Swim / Exercise	8:00–9:00am Lap Swim/ Exercise
8:00–8:45am Deep Water Exercise	8:00–8:45am Aqua Zumba®	8:00–8:45am Deep Water Exercise	8:00–8:45am Aqua Zumba®	8:00–8:45am Deep Water Exercise	
9:00–9:45am Aqua Fit	9:00–9:45am H2O Bootcamp	9:15–10:00am Aqua Step	9:00–9:45am H2O Bootcamp	9:00–9:45am Aqua Fit	9:00–9:45am Aqua Zumba
10:00–10:30am OPEN SWIM	10:00–10:30am OPEN SWIM	10:00–10:30am OPEN SWIM	10:00–10:30am OPEN SWIM	10:00–10:30am OPEN SWIM	10:00–11:30am OPEN SWIM
10:30am– 12:00pm POOL CLOSED	10:30am – 12:00pm POOL CLOSED	10:30am– 12:00pm POOL CLOSED	10:30am– 12:00pm POOL CLOSED	10:30am– 12:00pm POOL CLOSED	
					11:30am–12:00pm POOL CLOSED
12:00–2:00pm Lap Swim / Exercise	12:00–2:00pm Lap Swim / Exercise	12:00–2:00pm Lap Swim / Exercise	12:00–2:00pm Lap Swim / Exercise	12:00–2:00pm Lap Swim / Exercise	12:00–3:30pm OPEN SWIM
2:00–2:45pm Arthritic Aquatics	2:00–3:00pm POOL CLOSED	2:00–2:45pm Arthritic Aquatics	2:00–3:00pm POOL CLOSED	2:00–2:45pm Arthritic Aquatics	
3:00–5:30pm OPEN SWIM	3:00–5:30pm OPEN SWIM	3:00–5:30pm OPEN SWIM	3:00–5:30pm OPEN SWIM	3:00–6:30pm OPEN SWIM	
5:30–6:00pm Lap Swim	5:30–6:00pm Lap Swim	5:30–6:00pm Lap Swim	5:30–6:00pm Lap Swim		
6:00–6:30pm OPEN SWIM	6:00–8:30pm OPEN SWIM	6:00–8:30pm OPEN SWIM	6:00–8:30pm OPEN SWIM		

WARREN COUNTY YMCA

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