



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

WARREN COUNTY YMCA

Winter I Session: January 2 – February 16, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Aerobics	8:00-8:45am Deep Water Exercise	8:00-8:45am Aqua Aerobics	8:00-8:45am Deep Water Exercise		
9:00-9:45am Aqua Zumba	9:00-9:45am Aqua Fit	9:00-9:45am Aqua Zumba	9:00-9:45am Aqua Fit	9:00-9:45am Aqua Zumba	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	10:15-11:00am Lessons	
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	11:00-11:30am Lessons	
					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	12:00-4:30pm OPEN SWIM	
						12:30-4:30pm 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		
3:00-4:00pm OPEN SWIM	3:00-4:00pm OPEN SWIM	3:00-4:00pm OPEN SWIM	3:00-4:00pm OPEN SWIM	3:00-4:00pm OPEN SWIM		
4:00-5:30pm Swim Team POOL CLOSED	4:00-5:30pm Swim Team POOL CLOSED	4:00-5:30pm Swim Team POOL CLOSED	4:00-5:30pm Swim Team POOL CLOSED	4:00-5:30pm Swim Team POOL CLOSED		
5:45-6:15pm Aqua Fitness	5:30-6:00pm Lap Swim	5:45-6:15pm Aqua Fitness	5:30-6:00pm Lap Swim	5:30-6:30pm POOL CLOSED		
6:30-8:30pm OPEN SWIM	6:00-6:30pm Lessons	6:30-8:30pm OPEN SWIM	6:00-6:30pm Lessons			
	6:35-7:20pm Lessons		6:35-7:20pm Lessons	6:30-8:30pm OPEN SWIM		
	7:30-8:30pm OPEN SWIM		7:30-8:30pm OPEN SWIM			

WARREN COUNTY YMCA

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