



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

WARREN COUNTY YMCA

January 2 – February 28, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am Adult Lap Swim	5:30-7:00am Adult Lap Swim	5:30-7:00am Adult Lap Swim	5:30-7:00am Adult Lap Swim	5:30-7:00am Adult Lap Swim	
7:00-7:45am Lap Swim / Exercise	7:00-8:45am Lap Swim / Exercise	7:00-8:45am Lap Swim / Exercise	7:00-8:45am Lap Swim / Exercise	7:00-7:45am Lap Swim / Exercise	
8:00-8:45am Deep Water Exercise		8:00-8:45am Deep Water Exercise		8:00-8:45am Deep Water Exercise	
					8:30-10:30pm Private Swim Lessons
9:00-9:45am Aqua Fit	9:00-9:45am Senior Water Aerobics	9:00-9:45am Aqua Zumba®	9:00-9:45am Senior Water Aerobics	9:00-9:45am Lap Swim / Exercise	8:30-11:30am Lap Swim / Exercise
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	
10:30am- 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	10:30-11:30am Group Swim Lessons
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
2:00-3:00pm POOL CLOSED	2:00-3:00pm POOL CLOSED	2:00-3:00pm POOL CLOSED	2:00-3:00pm POOL CLOSED	2:00-3:00pm POOL CLOSED	
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	
5:30-7:00pm Private Swim Lessons *LAP LANE CLOSED	5:30-6:00pm Private Swim Lessons *LAP LANE CLOSED	5:30-7:00pm Private Swim Lessons *LAP LANE CLOSED	5:30-6:00pm Private Swim Lessons *LAP LANE CLOSED	5:30-7:30pm OPEN SWIM	
5:45-6:30pm Aqua Fit *LAP LANE CLOSED	6:00-7:00pm Group Swim Lessons *LAP LANE CLOSED	5:45-6:30pm Aqua Zumba® *LAP LANE CLOSED	6:00-7:00pm Group Swim Lessons *LAP LANE CLOSED		
7:00-7:30pm OPEN SWIM	7:00-7:30pm OPEN SWIM	7:00-7:30pm OPEN SWIM	7:00-7:30pm OPEN SWIM		

*For Pool Time info, ask Tom Sparkman. For Aqua Fitness info, ask Staci Bass. For Swim Lesson info, ask Ben Davis

WARREN COUNTY YMCA

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