



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

WARREN COUNTY YMCA

October 2 – October 31, 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	9:00-10:30am OPEN SWIM	9:00-9:45am Senior Water Aerobics	9:00-9:45am Aqua Zumba®	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	
10:30am- 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 *Lap Swim Open
					11:30-12:00pm 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
2:00-3:00pm 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	3:00-6:00pm OPEN SWIM	
3:15-4:45pm MR Swim Team (2 Lanes)	3:15-4:45pm MR Swim Team (2 Lanes)	3:15-4:45pm MR Swim Team (2 Lanes)	3:15-4:45pm MR Swim Team (2 Lanes)	3:15-4:45pm MR Swim Team (2 Lanes)	
3:00-6:00pm Private/Semi- Private Lessons *Lap Swim Open	3:00-6:00pm Private/Semi- Private Lessons *Lap Swim Open	3:00-6:00pm Private/Semi- Private Lessons *Lap Swim Open	3:00-6:00pm Private/Semi- Private Lessons *Lap Swim Open		
5:00-5:45pm Aqua Fit	5:00-6:00pm Group Swim Lessons *Lap Lane Open for Lap Swim	5:00-5:45pm Aqua Fit	5:00-6:00pm Group Swim Lessons *Lap Lane Open for Lap Swim		
6:00-7:30pm Swim Team Practice POOL CLOSED	6:00-7:30pm Swim Team Practice POOL CLOSED	6:00-7:30pm Swim Team Practice POOL CLOSED	6:00-7:30pm Swim Team Practice POOL CLOSED	6:00-7:30pm Swim Team Practice POOL CLOSED	

WARREN COUNTY YMCA

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