



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE - UPDATED

WARREN COUNTY YMCA

March 25 – May 31, 2024

| 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 | 7:00-7:45am Lap Swim / Exercise | 7:00-8:45am Lap Swim / Exercise | 7:00-7:45am Lap Swim / Exercise | 7:00-7:45am Lap Swim / Exercise | |
| 8:00-8:45am Aqua Fit | 8:00-8:45am Low Impact Water Aerobics | | 8:00-8:45am Low Impact Water Aerobics | 8:00-8:45am Aqua Fit | 8:30-10:30pm Private Swim Lessons |
| 9:00-9:45am Aqua Zumba® | 9:00-10:00am Lap Swim / Exercise | 9:00-9:45am Aqua Fit | 9:00-10:00am Lap Swim / Exercise | 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 | 10:00-10:30am 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 |
| | | | | | 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 | |
| 3:00-6:00pm Private/Semi- Private Lessons *Lap Swim Open 3:00-5:00pm | 3:00-6:00pm Private/Semi- Private Lessons *Lap Swim Open 3:00-6:00pm | 3:00-6:00pm Private/Semi- Private Lessons *Lap Swim Open 3:00-5:00pm | 3:00-6:00pm Private/Semi- Private Lessons *Lap Swim Open 3:00-6:00pm | 3:00-6:00pm Private/Semi- Private Lessons | |
| 5:00-5:45pm Deep Water Exercise *Lap Swim Closed | 5:00-6:00pm Group Swim Lessons *Lap Lane Open for Lap Swim | 5:00-5:45pm Aqua Fit *Lap Swim Closed | 5:00-6:00pm Group Swim Lessons *Lap Lane Open for Lap Swim | | |
| 6:00-6:30pm Parent/Child Swim Class & Private/Semi- Private Lessons | 6:00-7:30pm OPEN SWIM & Private/Semi- Private Lessons | 6:00-7:30pm OPEN SWIM & Private/Semi- Private Lessons | 6:00-7:30pm OPEN SWIM & Private/Semi- Private Lessons | 6:00-7:30pm OPEN SWIM | |
| 6:30-7:30pm OPEN SWIM | | | | | |

WARREN COUNTY YMCA

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