



Summer Pool Schedule June 26-August 25, 2023

The pool will be closed August 28-September 4.

Water exercise class descriptions are on the other side.

Time	Mon	Tues	Wed	Thurs	Fri
8:00-8:30	Water Works (8:00-9:00)		Water Works (8:00-9:00)		Water Works (8:00-9:00)
8:30-9:00					
9:00-9:30	Splash (9:00-10:00)		Splash (9:00-10:00)		Splash (9:00-10:00)
9:30-10:00					
10:00-10:30	Joint Venture (10:00-11:00)		Joint Venture (10:00-11:00)		Lap & Leisure (10:00-11:00)
10:30-11:00					
11:00-11:30					
11:30-12:00					
12:00-12:30	Lap & Leisure (12:00-1:00)	Lap & Leisure (12:00-1:00)	Lap & Leisure (12:00-1:00)	Lap & Leisure (12:00-12:30)	Lap & Leisure (12:00-1:00)
12:30-1:00					
1:30-2:00					
2:00-2:30					
2:30-3:00					
3:00-3:30					
3:30-4:00					
4:00-4:30					
4:30-5:00					
5:00-5:30		Splash (5:00-6:00)		Splash (5:00-6:00)	
5:30-6:00					
6:00-6:30		Joint Venture (6:00-7:00)		Joint Venture (6:00-7:00)	
6:30-7:00					
7:00-8:00					

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The YWCA will be closed on Saturdays July-August

Aquatic Exercise Class Descriptions

Water Works: This class includes a light aerobic workout and muscle toning exercises.

Splash: A high-energy aerobic workout and exercises to tone the body.

Joint Venture: This class includes exercises for muscular strength, endurance, balance, and coordination. Follows the Arthritis Foundation guidelines.

Private Lessons

All private lessons are half-hour and run in six-week sessions. They meet Monday, Wednesday, and Friday from 4:30-5:00 pm, 5:00-5:30 pm, 5:30-6:00 pm, and 6:00-6:30 pm

Summer Session Registration: June 26-July 10

Summer Session Class Dates: July 10-August 18