

## Fall 2024 Pool Schedule | September 3 - December 31

| Time           | Mon  | Tues   | Wed  | Thurs  | Fri  | Sat  |
|----------------|--|--|--|--|--|--|
| 8:30-9:00 am   | <b>Water Works</b><br><b>(8:30-9:30)</b>         |  | <b>Water Works</b><br><b>(8:30-9:30)</b>         |  | <b>Water Works</b><br><b>(8:30-9:30)</b>         |  |
| 9:00-9:30 am   |  |  |  |  |  |  |
| 9:30-10:00 am  | <b>Splash</b><br><b>(9:30-10:30)</b>             |  | <b>Splash</b><br><b>(9:00-10:30)</b>             |  | <b>Splash</b><br><b>(9:30-10:30)</b>             |  |
| 10:00-10:30 am |  |  |  |  |  |  |
| 10:30-11:00 am | <b>Joint Venture</b><br><b>(10:30-11:30)</b>     |  | <b>Joint Venture</b><br><b>(10:30-11:30)</b>     |  |  |  |
| 11:00-11:30 am |  | <b>Lap &amp; Leisure</b><br><b>(11:00-12:00)</b> |  | <b>Lap &amp; Leisure</b><br><b>(11:30-12:30)</b> | <b>Lap &amp; Leisure</b><br><b>(11:00-12:00)</b> | <b>Lap &amp; Leisure</b><br><b>(11:30-12:30)</b> |
| 11:30-12:00 pm |  |  |  |  |  |  |
| 12:00-12:30 pm | <b>Lap &amp; Leisure</b><br><b>(11:30-12:30)</b> |  |  |  |  | <b>Open Swim</b><br><b>(12:00 - 1:00)</b>        |
| 1:00-2:00 pm   |  |  |  |  |  | <b>Pool Parties</b><br><b>(1:00 - 4:00)</b>      |
| 2:00-3:00 pm   |  |  |  |  |  |  |
| 3:00 - 4:00 pm |  |  |  |  |  |  |
| 4:00- 5:00 pm  |  |  |  |  | <b>Open Swim</b><br><b>(4:00-7:00)</b>           |  |
| 5:00-5:30 pm   |  | <b>Lap &amp; Leisure*</b><br><b>(5:00-6:00)</b>  |  | <b>Lap &amp; Leisure*</b><br><b>(5:00-6:00)</b>  |  |  |
| 5:30-6:00 pm   |  |  |  |  |  |  |
| 6:00-6:30 pm   |  | <b>Joint Venture</b><br><b>(6:00-7:00)</b>       |  | <b>Joint Venture</b><br><b>(6:00-7:00)</b>       |  |  |
| 6:30-7:00 pm   |  |  |  |  |  |  |
| 7:00 - 7:30 pm | <b>Lap &amp; Leisure</b><br><b>(7:00 - 8:00)</b> | <b>Lap &amp; Leisure</b><br><b>(7:00 - 8:00)</b> | <b>Lap &amp; Leisure</b><br><b>(7:00 - 8:00)</b> | <b>Open Swim</b><br><b>(7:00-8:00)</b>           |  |  |
| 7:30 - 8:00 pm |  |  |  |  |  |  |

*\*Tuesday and Thursday Evening Lap & Leisure will take a short break from October 29- December 12. They will resume as scheduled on December 17.*

### **Adult Water Exercise Class Descriptions**

**Joint Venture:** Develop muscular strength, endurance, balance, and coordination. Follows the Arthritis Foundation Guidelines.

**Open Swim:** Take a few laps in our warm water pool or enjoy family time in the pool.

**Splash:** A high-energy aerobic workout for over 30 minutes. Includes samples of HIIT (high intensity interval training) and Tabata. Toning exercises are done in the shallow and deep end.

**Water Works:** A light 30-minute aerobic workout followed by muscle toning exercises in both the shallow and deep end.

**Get connected!** Want the most up-to-date information on upcoming programming at the YWCA? Subscribe to our monthly email newsletter at [bit.ly/subscribe-ywca-newsletter](https://bit.ly/subscribe-ywca-newsletter) or scan below:

