

Fall 2024 Pool Schedule | September 3 - December 31

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

*Tues and Thurs Evening Lap & Leisure will take a short break from Oct. 29- Dec. 12. They will resume on December 17.

**Friday Open Swim will take a short break from Nov. 1 - Dec. 13. It will resume on January 3, 2025.

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 or scan below:

