

## Winter 2025 Pool Schedule | January 2 – May 17, 2025

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

### 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:

