


Spring 2025 Pool Schedule | May 18 – June 28, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Works <i>With Meryl</i> (8:30-9:30)		Water Works <i>With Meryl</i> (8:30-9:30)		Water Works <i>With Meryl</i> (8:30-9:30)	
Splash <i>With Meryl</i> (9:30-10:30)		Splash <i>With Meryl</i> (9:30-10:30)		Splash <i>With Meryl</i> (9:30-10:30)	
Joint Venture <i>With Meryl</i> (10:30-11:30)		Joint Venture <i>With Meryl</i> (10:30-11:30)			<i>Open Swim and Lap & Leisure ends 6/14</i>
	Lap & Leisure (11:00-12:00)		Lap & Leisure (11:00-12:00)		Lap & Leisure (11:00-12:00)
Lap & Leisure (11:30-12:30)		Lap & Leisure (11:30-12:30)		Lap & Leisure (11:30-12:30)	Open Swim (12:00-1:00)
	Lap & Leisure (5:00-6:00)		Lap & Leisure (5:00-6:00)	Open Swim (5:00 – 7:00)	Pool Rentals (1:00-4:00) <i>Book your next party with us!</i> 
	Joint Venture <i>With Meryl</i> (6:00-7:00)		Joint Venture <i>With Meryl</i> (6:00-7:00)		
Lap & Leisure (7:00 – 8:00)	Lap & Leisure (7:00 – 8:00)	Lap & Leisure (7:00 – 8:00)	Open Swim (7:00-8:00)	NOTE: <i>Evening Open Swim and Lap & Leisure ends 6/13</i>	NOTE: <i>Saturday Open Swim and Lap & Leisure ends 6/14</i>

Stay updated! 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

Class descriptions are on the back →

Adult Water Exercise Class Descriptions

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

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.

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

Lap & Leisure: Swim solo or grab some friends to float with in our warm water pool.

Open Swim: Swim a few laps or enjoy family time in the pool.