YWCA IS ON A MISSION

eliminating racism empowering women ywca

Pool Schedule | January 2nd– April 30th, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap & Leisure (7:30-8:30)		**Lap & Leisure** (7:30-8:30)		**Lap & Leisure** (7:30-8:30)	
Water Works *With Meryl* (8:30-9:30)		**Water Works** *With Meryl* (8:30-9:30)		**Water Works** *With Meryl* (8:30-9:30)	**Lap & Leisure** (8:30-9:30)
Splash *With Meryl* (9:30-10:30)		**Splash** *With Meryl* (9:30-10:30)		**Splash** *With Meryl* (9:30- 10:30)	
Joint Venture *With Meryl* (10:30-11:30)	**Water Waves** *With Betsy* (10:30-11:30)	**Joint Venture** *With Meryl* (10:30-11:30)			**Family Swim** (11:00 – 12:00)
Lap & Leisure (11:30–12:30)	**Lap & Leisure** (11:30–12:30)	**Lap & Leisure** (11:30–12:30)	**Lap & Leisure** (11:30–12:30)	**Lap & Leisure** (11:30–12:30)	
Lap & Leisure (5:00-6:00)	**Joint Venture** *With Meryl* (5:00-6:00)		**Joint Venture** *With Meryl* (5:00-6:00)	**Lap & Leisure** (5:00-6:00)	**Pool Rentals** *Book your next party with us!*
Family Swim (6:00–7:00)	**Family Swim** (6:00-7:00)	**Family Swim** (6:00–7:00)	**Family Swim** (6:00–7:00)	**Family Swim** (6:00–7:00)	

**Everything in the above schedule, except for Family Swim, is included in water or combo packages. Refer to our Wellness Pricing sheet for current join fees and package rates.*

Class descriptions are on the back →

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Adult Water Exercise Class Descriptions

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

Water Waves: A medium-intensity full body 30-minute aerobic workout to music followed by muscle toning and a stretching warm down. Toning exercises are done either in 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 while relieving chronic pain. Follows the Arthritis Foundation Guidelines.

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

Family Swim: Come swim, splash around, and enjoy family time. **(Not included in water or combo packages)**

Swim Lessons: Our red-cross certified swim instructors work with both children and adults in varying levels to improve swimming skills and confidence in the water. **(Not included in water or combo packages)**

Session 1 | January 27 – March 5

Registration Dates: December 1 – January 23
(Refer to our Wellness Pricing sheet for session cost)

Schedule:

- Level 1: Tuesday, 4:00 - 4:30 pm
- Preschool: Tuesday, 4:30-5:00 pm
- Preschool: Thursday, 4:00 - 4:30 pm
- Level 2: Thursday, 4:30-5:00 pm

Session 2 | More info coming soon…