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Water Schedule

Effective September 14-December 23

YWCA IS ON A MISSION

Everything on the Water Schedule is included in the monthly Water Package except for Family Swim. If you have the Land & Water Combo Package, you also get everything on the Land Schedule! See other side for descriptions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap & Leisure *Participant Led* **7:30-8:30a**		**Lap & Leisure** *Participant Led* **7:30-8:30a**		**Lap & Leisure** *Participant Led* **7:30-8:30a**	
Water Works *Meryl* **8:30-9:30a**		**Water Works** *Meryl* **8:30-9:30a**		**Water Works** *Meryl* **8:30-9:30a**	**Lap & Leisure** *Participant Led* **8:30-9:30a**
Splash *Meryl* **9:30-10:30a**	**Lap & Leisure** *Participant Led* **9:30-10:30a**	**Splash** *Meryl* **9:30-10:30a**	**Tide & Tone** *Betsy* **9:30-10:30a**	**Splash** *Meryl* **9:30-10:30a**	
Joint Venture *Meryl* **10:30-11:30a**	**Water Waves** *Betsy* **10:30-11:30a**	**Joint Venture** *Meryl* **10:30-11:30a**		**SilverSneakers® Splash** *Meryl* **10:30-11:30a**	**Family Swim*** *Participant Led* **11:00a-12:00p**
Lap & Leisure *Participant Led* **11:30a-12:30p**	**Lap & Leisure** *Participant Led* **11:30a-12:30p**	**Lap & Leisure** *Participant Led* **11:30a-12:30p**	**Lap & Leisure** *Participant Led* **11:30a-12:30p**	**Lap & Leisure** *Participant Led* **11:30a-12:30p**	
Lap & Leisure *Participant Led* **5:00-6:00p**	**Joint Venture** *Meryl* **5:00-6:00p**		**Joint Venture** *Meryl* **5:00-6:00p**	**Lap & Leisure** *Participant Led* **5:00-6:00p**	
Family Swim* *Participant Led* **6:00-7:00p**	**Family Swim*** *Participant Led* **6:00-7:00p**	**Family Swim*** *Participant Led* **6:00-7:00p**	**Family Swim*** *Participant Led* **6:00-7:00p**	**Family Swim*** *Participant Led* **6:00-7:00p**	

LOCKER ROOMS

Basement	Men's locker room
1st Floor	Women's locker room
	Accessible all-gender changing room & shower
2nd Floor	Women's locker room

All locker rooms include showers and changing stalls and are elevator accessible. Ask the front desk to purchase a locker!

POOL RENTALS

Book your next party with us!

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Water Descriptions

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Joint Venture: Develop muscular strength, endurance, balance, and coordination in a warm-water pool. Follows the Arthritis Foundation Guidelines.

Lap & Leisure: You can swim in our warm water with your friends or solo.

SilverSneakers® Splash: A fun, shallow-water exercise class where you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

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 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 in the shallow end of the pool.

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

Tide & Tone: A medium intensity class designed to strengthen the body using water resistance and stretching. Helps to improve balance, core strength, and overall muscle toning. Exercises will be taught in the shallow end of the pool and coordinated with equipment, noodles, dumbbells and without.

FAMILY SWIM

Bring the whole crew down for a splash at the pool! All ages are welcome.

Family Swim is a special program offered seasonally during the fall and spring trimesters and is separate from the Wellness Packages. See drop-in rates below.

	Individual	Groups of 3+
Member	$7.21/visit credit $7.00/visit cash	$17.51/visit credit $17.00/visit cash
Guest	$9.27/visit credit $9.00/visit cash	$19.57/visit credit $19.00 /visit cash

ALL DROP-IN RATES

SPECIALTY PROGRAMS