



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

WARREN COUNTY YMCA

FALL I Session: September 9 – OCTOBER 26, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am Lap Swim	5:30-7:00am Lap Swim	5:30-7:00am Lap Swim	5:30-7:00am Lap Swim	5:30-7:00am Lap Swim	
					6:30-8:00am Lap Swim
7:00-8:00am Lap Swim / Exercise	7:00-8:00am Lap Swim / Exercise	7:00-8:00am Lap Swim / Exercise	7:00-8:00am Lap Swim / Exercise	7:00-8:00am Lap Swim / Exercise	8:00-9:00am Lap Swim/ Exercise
8:00-8:45am Deep Water Exercise	8:00-8:45am Aqua Zumba®	8:00-8:45am Deep Water Exercise	8:00-8:45am Aqua Zumba®	8:00-8:45am Deep Water Exercise	
9:00-9:45am Aqua Fit	9:00-9:45am H2O Bootcamp POOL CLOSED	9:15-10:00am Aqua Fit	9:00-9:45am H2O Bootcamp POOL CLOSED	9:00-9:45am Aqua Fit	9:00-9:45am Aqua Zumba
10:00-10:30am OPEN SWIM	10:00-10:30am OPEN SWIM	10:00-10:30am OPEN SWIM	10:00-10:30am OPEN SWIM	10:00-10:30am OPEN SWIM	10:15-11:00am Swim Lessons
10:30am- 12:00pm POOL CLOSED	10:30am- 12:00pm POOL CLOSED	10:30am- 12:00pm POOL CLOSED	10:30am- 12:00pm POOL CLOSED	10:30am- 12:00pm POOL CLOSED	11:00-11:30am Swim Lessons
					11:30am-12:00pm POOL CLOSED
12:00-2:00pm Lap Swim / Exercise	12:00-2:00pm Lap Swim / Exercise	12:00-2:00pm Lap Swim / Exercise	12:00-2:00pm Lap Swim / Exercise	12:00-3:00pm Lap Swim / Exercise	12:00-3:30pm OPEN SWIM
2:00-2:45pm Silversneakers Splash®	2:00-3:00pm POOL CLOSED	2:00-2:45pm Silversneakers Splash®	2:00-3:00pm POOL CLOSED		
3:00-4:00pm OPEN SWIM	3:00-4:00pm OPEN SWIM	3:00-4:00pm OPEN SWIM	3:00-4:00pm OPEN SWIM	3:00-4:00pm OPEN SWIM	
4:00-5:30pm Swim Team POOL CLOSED	4:00-5:30pm Swim Team POOL CLOSED	4:00-5:30pm Swim Team POOL CLOSED	4:00-5:30pm Swim Team POOL CLOSED	4:00-5:30pm Swim Team POOL CLOSED	
5:45-6:15pm Aqua Fit	5:30-6:00pm Lap Swim	5:45-6:15pm Aqua Fit	5:30-6:00pm Lap Swim	5:30-6:30pm OPEN SWIM	
	6:00-6:30pm Swim Lessons		6:00-6:30pm Swim Lessons		
6:30-8:30pm OPEN SWIM	6:35-7:20pm Swim Lessons	6:30-8:30pm OPEN SWIM	6:35-7:20pm Swim Lessons		
	7:30-8:30pm OPEN SWIM		7:30-8:30pm OPEN SWIM		

WARREN COUNTY YMCA

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