



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

WARREN COUNTY YMCA (UPDATED)

July 1 – August 13, 2022 (SUMMER HOURS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am Adult Lap Swim	5:30-7:00am Adult Lap Swim	5:30-7:00am Adult Lap Swim	5:30-7:00am Adult Lap Swim	5:30-7:00am Adult Lap Swim	
7:00-7:45am Lap Swim / Exercise	7:00-8:45am Lap Swim / Exercise	7:00-8:45am Lap Swim / Exercise	7:00-8:45am Lap Swim / Exercise	7:00-7:45am Lap Swim / Exercise	
8:00-8:45am Deep Water Exercise		8:00-8:45am Deep Water Exercise		8:00-8:45am Deep Water Exercise	
9:00-9:45am Aqua Fit	9:00-9:45am Silversneakers Splash®	9:00-9:30am Lap Swim / Exercise	9:00-9:45am Silversneakers Splash®	9:00-9:45am Aqua Zumba®	8:30-11:30am Lap Swim/Exercise
		9:30-10:30am 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	
10:30am- 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	
					11:30-2:00pm 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	12:00-2:00pm Lap Swim / Exercise	Sauna Also Closed 11:30-2:00pm
2:00-5:00pm POOL CLOSED	2:00-5:00pm POOL CLOSED	2:00-5:00pm POOL CLOSED	2:00-5:00pm POOL CLOSED	2:00-7:00pm POOL CLOSED	
5:00-7:00pm Private/Semi- Private Lessons *Lap Lane Open for Lap Swim	5:00-6:00pm Private/Semi- Private Lessons *Lap Lane Open for Lap Swim	5:00-7:00pm Private/Semi- Private Lessons *Lap Lane Open for Lap Swim	5:00-6:00pm Private/Semi- Private Lessons *Lap Lane Open for Lap Swim		
	6:00-7:00pm Swim Lessons *Lap Lane Open for Lap Swim		6:00-7:00pm Swim Lessons *Lap Lane Open for Lap Swim		

*For Pool Time info, ask Tom Sparkman. For Aqua Fitness info, ask Staci Bass. For swim lesson info, ask Ben Davis

WARREN COUNTY YMCA

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