

Pool and class schedules are online at [www.greatlifegolf.com/-fitness-classes](http://www.greatlifegolf.com/-fitness-classes)

## Therapy Pool

ramp & step entry; 3 1/2' deep; temperature 92°

YWCA Therapy Pool

| Monday                              | Tuesday                             | Wednesday                           | Thursday                            | Friday                              | Saturday   | Sunday                           |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--|----------------------------------|
| <b>Pools open at 6:00am</b>         |                                     |                                     |                                     |                                     |  |                                  |
| Aqua Tone<br>6:15a-7:00a<br>Edie    | Aqua Tone<br>6:15a-7:00a<br>Edie    | Aqua Tone<br>6:15a-7:00a<br>Edie    | Aqua Tone<br>6:15a-7:00a<br>Edie    | Aqua Tone<br>6:15a-7:00a<br>Edie    |  |                                  |
| Open Swim<br>7:00a-7:45a            | Open Swim<br>7:00a-9:45a            | Open Swim<br>7:00a-7:45a            | Open Swim<br>7:00a-9:45a            | Open Swim<br>7:00a-7:45a            | <b>Pools open<br/>at 7:30am</b>                                  |                                  |
| Aqua Tone<br>7:45a-8:30a<br>Eileen  |                                     | Aqua Tone<br>7:45a-8:30a<br>Eileen  |                                     | Aqua Tone<br>7:45a-8:30a<br>Eileen  | Open Swim<br>7:30a-9:00a   |                                  |
| Open Swim<br>8:30a-9:45a            |                                     | Open Swim<br>8:30a-9:45a            |                                     | Open Swim<br>8:30a-9:45a            | Open Swim<br>7:30a-9:00a   |                                  |
| Aqua Tone<br>9:45a-10:30a<br>Eileen | Aqua Tone<br>9:45a-10:30a<br>Andrea | Aqua Tone<br>9:45a-10:30a<br>Eileen | Aqua Tone<br>9:45a-10:30a<br>Andrea | Aqua Tone<br>9:45a-10:30a<br>Eileen | Swim Lessons*<br>Level 1 9a<br>Level 2 9:45a<br>Preschool 10:30a |                                  |
| Open Swim<br>10:30a-2:00p           | Open Swim<br>10:30a-1:00p           | Open Swim<br>10:30a-1:00p           | Open Swim<br>10:30a-1:00p           | Open Swim 10:30a-<br>2:00p          | Open Swim<br>11:15a-1:30p  | <b>Pools open<br/>at 11:30a</b>  |
|                                     | Aqua Tone<br>1:00p-1:45p<br>Ann C.  |                                     | Aqua Tone<br>1:00p-1:45p<br>Ann C.  |                                     | Open Swim<br>11:30a-3:30p  |                                  |
| <b>Pools closed from 2pm-4pm</b>    |                                     |                                     |                                     |                                     |  | <b>Pools close<br/>at 1:30pm</b> |
| Open Swim<br>4:00p-7:30p            | Open Swim<br>4:00p-7:30p            | Open Swim<br>4:00p-7:30p            | Open Swim<br>4:00p-7:30p            | Open Swim<br>4:00p-7:30p            |  | <b>Pools close<br/>at 3:30p</b>  |
| <b>Pools close at 7:30pm</b>        |                                     |                                     |                                     |                                     |  |                                  |



## Lap Pool

step/ladder entry; 4-10' deep; 33 laps=1 mile; temperature 82°

YWCA Lap Pool

| Monday                                      | Tuesday                                  | Wednesday                          | Thursday                                    | Friday                             | Saturday                             | Sunday                          |
|---|--|------------------------------------|---|------------------------------------|--------------------------------------|---------------------------------|
| <b>Pools open at 6:00am</b>                 |  |                                    |   |                                    |                                      |                                 |
| Lap Swim<br>3 lanes<br>6:00a-8:45a          | Lap Swim<br>3 lanes<br>6:00a-8:15a       | Lap Swim<br>3 lanes<br>6:00a-8:45a | Lap Swim<br>3 lanes<br>6:00a-8:15a          | Lap Swim<br>3 lanes<br>6:00a-8:45a | <b>Pools open<br/>at 7:30a</b>       |                                 |
| Powercise<br>8:45a-9:30a<br>Eileen          | Powercise<br>8:30a-9:15a<br>Andrea       | Powercise<br>8:45a-9:30a<br>Eileen | Powercise<br>8:30a-9:15a<br>Andrea          | Powercise<br>8:45a-9:30a<br>Eileen | Lap Swim<br>3 lanes<br>7:30a-10:30a  |                                 |
| Lap Swim<br>3 lanes<br>9:30a-2:00p          | Water<br>9:30a-11:30a                    | Lap Swim<br>3 lanes<br>9:30a-2:00p | Water<br>9:30a-11:30a                       | Lap Swim<br>3 lanes<br>9:30a-2:00p | Water<br>Volleyball<br>10:30a-12:30p | <b>Pools open<br/>at 11:30a</b> |
|   | Lap Swim<br>3 lanes<br>11:30a-2:00p      |                                    | Lap Swim<br>3 lanes<br>11:30a-2:00p         |                                    | Lap Swim<br>3 lanes<br>12:30p-1:30p  | Open Swim<br>11:30p-3:30p       |
| <b>Pools closed from 2pm-4pm</b>            |  |                                    |   |                                    |                                      | <b>Pools close<br/>at 1:30p</b> |
| Lap Swim<br>3 lanes<br>4:00p-5:30p          | Lap Swim<br>3 lanes<br>4:00p-5:30p       | Lap Swim 3 lanes<br>4:00p-7:30p    | Lap Swim<br>3 lanes<br>4:00p-5:30p          | Lap Swim 3 lanes<br>4:00p-7:30p    |                                      | <b>Pools close<br/>at 3:30p</b> |
| Deep Water<br>Workout-Andrea<br>5:30p-6:15p | Deep Water<br>Workout-Bev<br>5:30p-6:15p |                                    | Deep Water<br>Workout-Andrea<br>5:30p-6:15p |                                    | Lap Swim 3 lanes<br>4:00p-7:30p      |                                 |
| Aqua Zumba<br>Susie<br>6:30p-7:15p          |  |                                    | Aqua Zumba<br>Susie<br>6:30p-7:15p          |                                    |                                      |                                 |
| <b>Pools close at 7:30pm</b>                |  |                                    |   |                                    |                                      |                                 |



\* Swimming lesson fees apply. Enroll at the front desk. Group Exercise Classes are FREE. No Sign-up necessary  
 During class time, 1 lap lane is available. Share lap lanes. Use of lap lanes is at lifeguard's discretion.  
 GreatLife Classes are free. No sign up necessary. Hot tub is available to those 18 yrs and older.