

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

ramp &amp; step entry; 3 ½' deep; temperature 92°

**YWCA Therapy Pool**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pools open at 6:00am</b>						
Aqua Tone 6:15a-7:00a Edie	Aqua Tone 6:15a-7:00a Edie	Aqua Tone 6:15a-7:00a Edie	Aqua Tone 6:15a-7:00a Edie	Aqua Tone 6:15a-7:00a Edie		
Open Swim 7:00a-7:45a	Open Swim 7:00a-9:45a	Open Swim 7:00-7:45	Open Swim 7:00a-9:45a	Open Swim 7:00-7:45	<b>Pools open at 7:30am</b>	
Aqua Tone 7:45a-8:30a Eileen		Aqua Tone 7:45a-8:30a Eileen		Aqua Tone 7:45a-8:30a Eileen	Open Swim 7:30a-9:00a	
Open Swim 8:30a-9:45a		Open Swim 8:30a-9:45a		Open Swim 8:30a-9:45a	Swim Lessons* Level 1 9a Level 2 9:45a Preschool 10:30a	
Aqua Tone 9:45a-10:30a Eileen	Aqua Tone 9:45a-10:30a Andrea	Aqua Tone 9:45a-10:30a Eileen	Aqua Tone 9:45a-10:30a Andrea	Aqua Tone 9:45a-10:30a Eileen		
Open Swim 10:30a-1:00p	Open Swim 10:30a-1:00p	Open Swim 10:30a-1:00p	Open Swim 10:30a-1:00p	Open Swim 10:30a- 2:00p	Open Swim 11:15a-1:30p	<b>Pools open at 11:30a</b>
Aqua Tone 1:00p-1:45p Eileen	Aqua Tone 1:00p-1:45p Ann C.	Aqua Tone 1:00p-1:45p Eileen	Aqua Tone 1:00p-1:45p Ann C.			Open Swim 11:30a-3:30p
<b>Pools closed from 2pm-4pm</b>					<b>Pools close at 1:30pm</b>	<b>Pools close at 3:30p</b>
Open Swim 4:00p-7:30p	Open Swim 4:00p-7:30p	Open Swim 4:00p-7:30p	Open Swim 4:00p-7:30p	Open Swim 4:00p-7:30p		
<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
Pools open at 6:00am						
Lap Swim 3 lanes 6:00a-8:45a	Lap Swim 3 lanes 6:00a-8:15a	Lap Swim 3 lanes 6:00a-8:45a	Lap Swim 3 lanes 6:00a-8:15a	Lap Swim 3 lanes 6:00a-8:45a	Pools open at 7:30a	
Powercise 8:45a-9:30a Eileen	Powercise 8:30a-9:15a Andrea	Powercise 8:45a-9:30a Eileen	Powercise 8:30a-9:15a Andrea	Powercise 8:45a-9:30a Eileen	Lap Swim 3 lanes 7:30a-10:30a	
Lap Swim 3 lanes 9:30a-2:00p	Water 9:30a-11:30a	Lap Swim 3 lanes 9:30a-2:00p	Water 9:30a-11:30a	Lap Swim 3 lanes 9:30a-2:00p	Water Volleyball 10:30a-12:30p	Pools open at 11:30a
	Lap Swim 3 lanes 11:30a-2:00p		Lap Swim 3 lanes 11:30a-2:00p		Lap Swim 3 lanes 12:30p-1:30p	Open Swim 11:30p-3:30p
Pools closed from 2pm-4pm					Pools close at 1:30p	
Lap Swim 3 lanes 4:00p-5:30p	Lap Swim 3 lanes 4:00p-5:30p	Lap Swim 3 lanes 4:00p-7:30p	Lap Swim 3 lanes 4:00p-5:30p	Lap Swim 3 lanes 4:00p-7:30p		Pools close at 3:30p
Deep Water Workout-Andrea 5:30p-6:15p	Deep Water Workout-Bev 5:30p-6:15p		Deep Water Workout-Andrea 5:30p-6:15p			
Aqua Zumba Susie 6:30p-7:15p			Aqua Zumba Susie 6:30p-7:15p			
Pools close at 7:30pm					<div>GreatLIFE</div> <div>Live. Play. Better.</div>	



\* 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.