

Pool and class schedules are online at www.greatlifegolf.com/fitness-classes

Therapy Pool

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

Therapy Pool - YWCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pools open at 6:00am						
Aqua Tone 6:15-7a Edie	Aqua Tone 6:15-7a Edie	Aqua Tone 6:15-7a Edie	Aqua Tone 6:15-7a Edie	Aqua Tone 6:15-7a Edie		
Open Swim 7:00-7:45	Open Swim 7:00-9:45	Open Swim 7:00-7:45	Open Swim 7:00-9:45	Open Swim 7:00-7:45	Pools open at 7:30am	
Aqua Tone 7:45-8:30a Eileen		Aqua Tone 7:45-8:30a Eileen		Aqua Tone 7:45-8:30a Eileen	Open Swim 7:30-9:00	
Open Swim 8:30-9:45		Open Swim 8:30-9:45		Open Swim 8:30-9:45	Open Swim 8:30-9:45	Swim Lessons* Level 1 9a Level 2 9:45a Preschool 10:30a
Aqua Tone 9:45-10:30a Eileen	Aqua Tone 9:45-10:30a Andrea	Aqua Tone 9:45-10:30a Eileen	Aqua Tone 9:45-10:30a Andrea	Aqua Tone 9:45-10:30a Eileen	Open Swim 11:15-1:30	
Open Swim 10:30-1:00	Open Swim 10:30-1:00	Open Swim 10:30-1:00	Open Swim 10:30-1:00	Open Swim 10:30-2:00		Pools open at 11:30am
Aqua Tone 1:00-1:45p Scott	Aqua Tone 1:00-1:45p class led	Aqua Tone 1:00-1:45p Scott	Aqua Tone 1:00-1:45p class led		Pools close at 1:30pm	Open Swim 11:30-3:30
Pools closed from 2:00-4:00						
Open Swim 4:00-7:30	Open Swim 4:00-7:30	Open Swim 4:00-7:30	Open Swim 4:00-7:30	Open Swim 4:00-7:30		Pools close at 3:30pm
Pools close at 7:30pm						



* Swimming lessons fees apply. Enroll at the front desk.
GreatLife Classes are free. No sign up necessary.
Children are encouraged to come during Open Swim.
Wacky Water Works \$2 fee required for unsupervised children 12 and under.
Hot tub is available to those 18 yrs and older.

Lap Pool - YWCA

Lap Pool

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

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



* Swimming lessons fees apply. Enroll at the front desk.
During class time, one lap lane is available.
Sharing lap lanes may be necessary.
Use of lap lanes and open swim area is at the lifeguard's discretion.
GreatLife Classes are free. No sign up necessary.
Hot tub is available to those 18 yrs and older.