

# YWCA Therapy Pool (Ramp & Step Entry, 3 1/2' Deep, Temperature 92 degrees)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL OPENS AT 6:00am (mon-fri)							
Morning	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	pool opens 7:30am (sat)	
	Open Swim 7:00a-7:45a	Open Swim 7:00a-9:45a	Open Swim 7:00a-7:45a	Open Swim 7:00a-9:45a	Open Swim 7:00a-7:45a	Open Swim 7:30a-9:00a	
	Aqua Tone 7:45a-8:30a Eileen		Aqua Tone 7:45a-8:30a Eileen		Aqua Tone 7:45a-8:30a Eileen	Swimming Lessons 9:00a-11:15a	pool opens 11:30am (sun)
	Open Swim 8:30a-9:45a		Open Swim 8:30a-9:45a		Open Swim 8:30a-9:45a		
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 11:15a-1:30p	Open Swim 11:30a-3:30p	
Open Swim 10:30a-2:00p	Open Swim 10:30a-1:00p	Open Swim 10:30a-2:00p	Open Swim 10:30a-1:00p	Open Swim 10:30a-2:00p	pool closes 1:30pm (sat)		
	Aqua Tone 1:00p-1:45p Ann		Aqua Tone 1:00p-1:45p Ann				
POOL CLOSED 2:00pm - 4:00pm							
Evening	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		pool closes 3:30pm (sun)
POOL CLOSSES AT 8:00pm (mon-fri)							

**Group Exercise classes open to Fitness Plus, Lifestyle and Play Everything Members**

# YWCA Lap Pool (Step/Ladder Entry, 4-10' Deep, 33 laps=1 mile, Temperature 82 degrees)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL OPENS AT 6:00am (mon-fri)						pool opens 7:30am (sat)	pool opens 11:30am (sun)
Morning	Lap Swim 6:00a-8:45a 3 lanes	Lap Swim 6:00a-8:15a 3 lanes	Lap Swim 6:00a-8:45a 3 lanes	Lap Swim 6:00a-8:15a 3 lanes	Lap Swim 6:00a-8:45a 3 lanes	Lap Swim 7:30a-10:30a 3 lanes	Open Swim 11:30a-3:30p
	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	Water Volleyball 10:30a- 12:30p	
Afternoon	Lap Swim 9:30a-2:00p 2 lanes	Water Volleyball 9:30a-11:30a	Lap Swim 9:30a-2:00p 2 lanes	Water Volleyball 9:30a-11:30a	Lap Swim 9:30a-2:00p 2 lanes	Lap Swim 12:30p-1:30p 3 lanes	
		Lap Swim 11:30a-2:00p		Lap Swim 11:30a-2:00p		pool closes 3:30pm (sun)	
POOL CLOSED 2:00pm - 4:00pm							
Evening	Lap Swim 4:00p-5:30p 3 lanes	Lap Swim 4:00p-5:30p 3 lanes	Lap Swim 4:00p-7:30p	Lap Swim 4:00p-5:30p 3 lanes	Lap Swim 4:00p-7:30p	Pool and class schedules are online at <a href="http://www.greatlifegolf.com/-fitness-classes">www.greatlifegolf.com/-fitness-classes</a>	
	Deep Water Workout (Andrea) 5:30p-6:15p	Deep Water Workout (Bev) 5:30p-6:15p		Deep Water Workout (Andrea) 5:30p-6:15p			
	AquaFIT 6:30p-7:15p Phelica	Lap Swim 6:15p-7:30p 3 lanes		AquaFIT 6:30p-7:15p Phelica			
POOL CLOSSES AT 7:30pm (mon-fri)							

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