

## Pool Schedule

Schedule valid as of 9/5/2017 and subject to change.  
Visit [ywcaclinton.org](http://ywcaclinton.org) for latest schedules.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:15 - 7:00am	Lap Swim 5:15 - 7:00am	Lap Swim 5:15 - 7:00am	Lap Swim 5:15 - 7:00am	Lap Swim 5:15 - 7:00am	CLOSED	CLOSED
Aquacise: Shallow & Deep 7:00 - 7:45am	Aquacise: Shallow 7:00 - 7:45am	Aquacise: Shallow & Deep 7:00 - 7:45am	Aquacise: Shallow 7:00 - 7:45am	Aquacise: Shallow & Deep 7:00 - 7:45am	Lap Swim 7:15 - 8:00am	
Aquacise: Shlw 7:45 - 8:30am Deep 8:00 - 8:45am	Aquacise: Shallow 8:00 - 8:45am	Aquacise: Shlw 7:45 - 8:30am Deep 8:00 - 8:45am	Aquacise: Shallow 8:00 - 8:45am	Aquacise: Shlw 7:45 - 8:30am Deep 8:00 - 8:45am	Aquacise: Shallow 8:00 - 8:45am	
Wavemakers 9:00 - 9:45am	Water Walking 8:45 - 9:30am	Wavemakers 9:00 - 9:45am	Water Walking 8:45 - 9:30am	Wavemakers 9:00 - 9:45am	Lap Swim 9:00 - 10:00am	
Aqua Abs: Deep 9:30 - 10:15am	Aqua Agility 9:30 - 10:15am	Aqua Abs: Deep 9:30 - 10:15am	Aqua Agility 9:30 - 10:15am	Aqua Abs: Deep 9:30 - 10:15am		
Joint Flexibility 9:45 - 10:30am	Aquacise: Shallow 9:45 - 10:30am	Joint Flexibility 9:45 - 10:30am	Aquacise: Shallow 9:45 - 10:30am	Childcare Swim 9:45 - 10:30am		
Swim Lessons 10:30 - 11:30am	Swim Lessons 10:30 - 11:30am	Toddler Time 10:30 - 11:30am	Toddler Time 10:30 - 11:30am	Joint Flexibility 10:30 - 11:30am	Swim Lessons 10:00am - 12:15pm	Adult Lessons & Adult Swim 11:15am - 12:00pm
Lap Swim 11:30am - 1:00pm	Lap Swim 11:30am - 1:00pm	Lap Swim 11:30am - 1:00 pm	Lap Swim 11:30am - 1:00pm	Lap Swim 11:30am - 1:00pm		Lap Swim 12:00 - 1:00pm
Joint Flexibility & Adult Swim: Deep 1:00 - 1:45pm	Water Therapy 1:00 - 2:00pm	Joint Flexibility & Adult Swim: Deep 1:00 - 1:45pm	Water Therapy* or Children's Swim 1:00 - 2:00pm	Joint Flexibility & Adult Swim: Deep 1:00 - 1:45pm	Lap Swim 12:15 - 1:30pm	OPEN SWIM 1:00 - 4:45pm
Adult Lessons & Adult Swim 1:45 - 2:30pm	Lap Swim 2:00 - 3:00pm	Adult Swim 1:45 - 2:15pm	Water Therapy* or Lap Swim 2:00 - 3:00pm	Childcare Swim 1:45 - 2:30pm		
Lap Swim 2:30 - 3:30pm	OPEN SWIM 3:00 - 4:15pm	OPEN SWIM 2:15 - 4:30pm	OPEN SWIM 3:00 - 4:15pm	Lap Swim 2:30 - 3:30pm		
OPEN SWIM 3:30 - 5:15pm	Water Power & Adult Swim: Deep 4:15 - 5:00pm	Lap Swim 4:30 - 5:15pm	Water Power & Adult Swim: Deep 4:15 - 5:00pm	OPEN SWIM 3:30 - 5:15pm		
Aquacise: Shallow & Deep 5:15 - 6:00pm	Swim Lessons 5:15 - 6:45pm	Aquacise: Shallow & Deep 5:15 - 6:00pm	Swim Lessons 5:15 - 6:45pm	Aquacise: Shallow & Deep 5:15 - 6:00pm		
Swim Lessons 6:00 - 7:30pm		Hydro Cardio 6:00 - 6:45pm		Swim Lessons 6:00 - 7:30pm	CLOSED	CLOSED
OPEN SWIM 7:30 - 8:45pm	OPEN SWIM 6:45 - 8:45pm	OPEN SWIM 6:45 - 8:45pm	OPEN SWIM 6:45 - 8:45pm	OPEN SWIM 7:30 - 8:45pm		

\* Water therapy meets 1st Thursday of the month in these time slots.

**POOL CLOSED DURING CLASSES - Please respect the pool time reserved for each activity.**

**Note:** Deep-Water Swim test required for all patrons age 13 and under  
(older if deemed necessary by guard) wishing to enter deep end of pool.