

# YWCA Pool Schedule

**WINTER 2025**

Schedule valid as of 1/2/2025 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	
Jolly Joints: Shallow 7:00 - 7:45am	Jolly Joints: Shallow 7:00 - 7:45am	Jolly Joints: Shallow 7:00 - 7:45am	Jolly Joints: Shallow 7:00 - 7:45am	Jolly Joints: Shallow 7:00 - 7:45am	Lap Swim 7:15 - 8:00am		
Sunrise Splash: Deep 7:00 - 7:45am	Adult Swim: Deep 7:00 - 9:45am	Sunrise Splash: Deep 7:00 - 7:45am	Adult Swim: Deep 7:00 - 9:45am	Sunrise Splash: Deep 7:00 - 7:45am	Hydromania: Shallow 8:00 - 8:45am		
To What End: Deep 8:00 - 8:45am	Hydromania: Shallow 8:00 - 8:45am	To What End: Deep 8:00 - 8:45am	Hydromania: Shallow 8:00 - 8:45am	To What End: Deep 8:00 - 8:45am	Water Shuffle: Shallow 8:45 - 9:15am		
Wavemakers: Shallow 8:50 - 9:35am	Adult Swim 9:00 - 9:45am	Wavemakers: Shallow 8:50 - 9:35am	Adult Swim 9:00 - 9:45am	Wavemakers: Shallow 8:50 - 9:35am	Special Olympics 9:15 - 10:00am		
Lap Swim 9:45 - 10:30am	Adult Swim 9:45 - 10:30am	Lap Swim 9:45 - 10:30am	Adult Swim 9:45 - 10:30am	Childcare Swim 9:45 - 10:30am	Swim Lessons 10:00am - 12:15pm		
Adult Swim 10:30 - 11:30am	Toddler Time 10:30 - 11:30am	Adult Swim 10:30 - 11:30am	Adult Swim 10:30 - 11:30am	Adult Swim 10:30 - 11:30am			
Lap Swim 11:30am - 1:00pm	Lap Swim 11:30am - 1:00pm	Lap Swim 11:30am - 1:00pm	Lap Swim 11:30am - 1:00pm	Lap Swim 11:30am - 1:00pm	Lap Swim 12:15 - 1:30pm		Lap Swim 12:00 - 1:00pm
Joint Flexibility: Shallow 1:00 - 1:45pm	Water Therapy through Rock Valley Physical Therapy 1:00 - 2:00pm	Joint Flexibility: Shallow 1:00 - 1:45pm	Water Therapy through Rock Valley Physical Therapy 1:00 - 2:00pm	Joint Flexibility: Shallow 1:00 - 1:45pm	OPEN SWIM 1:30 - 4:45pm		OPEN SWIM 1:00 - 2:45pm
Adult Swim: Deep 1:00 - 1:45pm		Adult Swim: Deep 1:00 - 1:45pm		Adult Swim: Deep 1:00 - 1:45pm			
Adult Swim 1:45 - 2:30pm	Lap Swim 2:00 - 3:00pm	OPEN SWIM 2:00 - 4:30pm	Lap Swim 2:00 - 3:00pm	Adult Swim 1:45 - 2:30pm			
Lap Swim 2:30 - 3:30pm				Lap Swim 2:30 - 3:30pm			
OPEN SWIM 3:30 - 5:15pm	CLOSED 3:00 - 4:00pm	Lap Swim 4:30 - 5:15pm	CLOSED 3:00 - 4:00pm	OPEN SWIM 3:30 - 5:15pm			
Weightless in the Water: Shallow 5:15 - 6:00pm	OPEN SWIM 4:00 - 5:00pm	Weightless in the Water: Shallow 5:15 - 6:00pm	OPEN SWIM 4:00 - 5:00pm	Weightless in the Water: Shallow 5:15 - 6:00pm		CLOSED	
Off the Deep End: Deep 5:15 - 6:00pm	Swim Lessons 5:00 - 6:30pm	Off the Deep End: Deep 5:15 - 6:00pm	Swim Lessons 5:00 - 6:30pm	Off the Deep End: Deep 5:15 - 6:00pm			
Swim Lessons 6:00 - 7:30pm		Special Olympics 6:00 - 7:00pm		OPEN SWIM 6:00 - 8:00pm			
	OPEN SWIM 6:30 - 8:00pm	Open SWIM 7:00 - 8:00pm	OPEN SWIM 6:30 - 8:00pm				
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			

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

Note: Sauna is closed whenever pool area is closed.