

YWCA Pool Schedule

FALL 2023

Schedule valid as of 9/5/2023 and subject to change.
Visit 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: Deep 8:00 - 8:45am	Aquacise: Shallow 8:00 - 8:45am	Aquacise: Deep 8:00 - 8:45am	Aquacise: Shallow 8:00 - 8:45am	Aquacise: Deep 8:00 - 8:45am	Aquacise: Shallow 8:00 - 8:45am		
Wavemakers 8:50 - 9:35am	Water Walking 9:00-9:45am	Wavemakers 8:50 - 9:35am	Water Walking 9:00-9:45am	Wavemakers 8:50 - 9:35am	Water Shuffle 8:45 - 9:15am		
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	Lap Swim 9:15 - 10:00am		
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	Swim Lessons 10:00am - 12:15pm		
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			Adult Swim 11:15am - 12:00pm
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 1:00 - 2:00pm	Joint Flexibility & Adult Swim: Deep 1:00 - 1:45pm	Lap Swim 12:15 - 1:30pm		Lap Swim 12:00 - 1:00pm
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	OPEN SWIM 1:30 - 4:45pm		OPEN SWIM 1:00 - 2:45pm
Lap Swim 2:30 - 3:30pm				Lap Swim 2:30 - 3:30pm			
CLOSED 3:30 - 5:15pm	CLOSED 3:00 - 5:00pm	Lap Swim 4:30 - 5:15pm	CLOSED 3:00 - 5:00pm	CLOSED 3:30 - 5:15pm			
Aquacise: Shallow & Deep 5:15 - 6:00pm	Swim Lessons 5:00 - 6:30pm	Aquacise: Shallow & Deep 5:15 - 6:00pm	Swim Lessons 5:00 - 6:30pm	Aquacise: Shallow & Deep 5:15 - 6:00pm			
Swim Lessons 6:00 - 7:30pm		Swim Lessons 6:00 - 7:30pm		OPEN SWIM 6:00 - 8:00pm			
CLOSED	CLOSED	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.