

# YWCA Pool Schedule

**FALL 2023**

Schedule valid as of 10/30/2023 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: 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	Adult Swim 11:15am - 12:00pm
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 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 1:00 - 2:00pm	Joint Flexibility & Adult Swim: Deep 1:00 - 1:45pm	Lap Swim 12:15 - 1:30pm	OPEN SWIM 1:00 - 2:45pm
Adult Swim 1:45 - 2:30pm	Lap Swim 2:00 - 3:00pm	OPEN SWIM 2:00 - 4:30pm	Lap Swim 2:00 - 3:00pm	Childcare Swim 1:45 - 2:30pm	OPEN SWIM 1:30 - 4:45pm	
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
	OPEN SWIM 4:00 - 5:00pm	OPEN SWIM 4:00 - 5:00pm				
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	CLOSED	
Swim Lessons 6:00 - 7:30pm		Swim Lessons 6:00 - 7:30pm		OPEN SWIM 6:00 - 8:00pm		
	OPEN SWIM 6:30 - 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.