

# YWCA Pool Schedule

**FALL 2020**

Schedule valid as of 9/1/2020 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 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 - 9:30am		
Cleaning 9:45- 10:30am	Cleaning 9:45- 10:30am	Cleaning 9:45- 10:30am	Cleaning 9:45- 10:30am	Childcare Swim 9:45 - 10:30am	Cleaning 9:30- 10:00am		
Swim Lessons 10:30 - 11:30am	Adult Swim 10:30 - 11:30am	Toddler Time 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 - 1:00 pm	Lap Swim 11:30am - 1:00pm	Lap Swim 11:30am - 1:00pm			Adult Lessons & 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 Lessons & Adult Swim 1:45 - 2:30pm	Lap Swim 2:00 - 3:00pm	Adult Swim 1:45 - 2:15pm	Lap Swim 2:00 - 3:00pm	Childcare Swim 1:45 - 2:30pm	OPEN SWIM 1:30 - 4:45pm*		OPEN SWIM 1:00 - 2:45pm
Lap Swim 2:30 - 4:30pm	OPEN SWIM 3:00 - 4:30pm	OPEN SWIM 2:15- 4:30pm	OPEN SWIM 3:00 - 4:30pm	Lap Swim 2:30 - 4:30pm			
Cleaning 4:30- 5:00pm	Cleaning 4:30- 5:00pm	Lap Swim 4:30 - 5:15pm	Cleaning 4:30- 5:00pm	Cleaning 4:30- 5:00pm			
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		Cleaning 6:00- 6:30pm		Swim Lessons 6:00 - 7:30pm	CLOSED	CLOSED	
	OPEN SWIM 6:45 - 8:00pm	OPEN SWIM 6:30 - 8:00pm	OPEN SWIM 6:45 - 8:00pm				

**POOL CLOSED DURING CLASSES.** Please respect the pool time reserved for each activity.  
Note: Sauna are closed whenever pool area is closed. Hot Tub closed until further notice.