

# YWCA Pool Schedule

**FALL 2025**

Schedule valid as of 9/2/2025 and subject to change.  
Visit [ywcaclinton.org](http://ywcaclinton.org) for latest schedules.

| MONDAY                                               | TUESDAY                                                                      | WEDNESDAY                                            | THURSDAY                                                                     | FRIDAY                                               | SATURDAY                                   | SUNDAY                          |
|------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------|---------------------------------|
| Lap Swim<br>5:15 - 7:00am                            | Lap Swim<br>5:15 - 7:00am                                                    | Lap Swim<br>5:15 - 7:00am                            | Lap Swim<br>5:15 - 7:00am                                                    | Lap Swim<br>5:15 - 7:00am                            | CLOSED                                     | CLOSED                          |
| Jolly Joints:<br>Shallow<br>7:00 - 7:45am            | Jolly Joints:<br>Shallow<br>7:00 - 7:45am                                    | Jolly Joints:<br>Shallow<br>7:00 - 7:45am            | Jolly Joints:<br>Shallow<br>7:00 - 7:45am                                    | Jolly Joints:<br>Shallow<br>7:00 - 7:45am            | Lap Swim<br>7:15 - 8:00am                  |                                 |
| Sunrise Splash:<br>Deep<br>7:00 - 7:45am             | Adult Swim: Deep<br>7:00 - 9:00am                                            | Sunrise Splash:<br>Deep<br>7:00 - 7:45am             | Adult Swim: Deep<br>7:00 - 9:00am                                            | Sunrise Splash:<br>Deep<br>7:00 - 7:45am             | Hydromania:<br>Shallow<br>8:00 - 8:45am    |                                 |
| To What End: Deep<br>8:00 - 8:45am                   | Hydromania:<br>Shallow<br>8:00 - 8:45am                                      | To What End: Deep<br>8:00 - 8:45am                   | Hydromania:<br>Shallow<br>8:00 - 8:45am                                      | To What End: Deep<br>8:00 - 8:45am                   | Water Shuffle:<br>Shallow<br>8:45 - 9:15am |                                 |
| Wavemakers:<br>Shallow<br>8:50 - 9:35am              | Adult Swim<br>9:00 - 10:30am                                                 | Wavemakers:<br>Shallow<br>8:50 - 9:35am              | Adult Swim<br>9:00 - 9:45am                                                  | Wavemakers:<br>Shallow<br>8:50 - 9:35am              | Lap Swim<br>9:15 - 10:00am                 |                                 |
| Joint Flexibility<br>9:45 - 10:30am                  |                                                                              | Joint Flexibility<br>9:45 - 10:30am                  | Childcare Swim<br>9:45 - 10:30am                                             | Adult Swim<br>9:35 - 11:30am                         | Swim Lessons<br>10:00am - 12:15pm          | Adult Swim<br>11:15am - 12:00pm |
| Adult Swim<br>10:30 - 11:30am                        | OPEN SWIM<br>10:30 - 11:30am                                                 | Adult Swim<br>10:30 - 11:30am                        | OPEN SWIM<br>10:30 - 11:30am                                                 |                                                      |                                            | Lap Swim<br>12:15 - 1:30pm      |
| Lap Swim<br>11:30am - 3:30pm                         | Lap Swim<br>11:30am - 1:00pm                                                 | Lap Swim<br>11:30am - 1:45pm                         | Lap Swim<br>11:30am - 1:00pm                                                 | Lap Swim<br>11:30am - 2:00pm                         | OPEN SWIM<br>1:30 - 4:45pm                 |                                 |
|                                                      | Water Therapy<br>through Rock<br>Valley Physical<br>Therapy<br>1:00 - 2:00pm |                                                      | Water Therapy<br>through Rock<br>Valley Physical<br>Therapy<br>1:00 - 2:00pm |                                                      |                                            |                                 |
|                                                      | Lap Swim<br>2:00 - 3:00pm                                                    | Childcare Swim<br>1:45 - 2:30pm                      | Lap Swim<br>2:00 - 3:00pm                                                    | OPEN SWIM<br>2:00 - 4:30pm                           |                                            | CLOSED                          |
|                                                      |                                                                              | Lap Swim<br>2:30 - 3:30pm                            |                                                                              |                                                      |                                            |                                 |
| OPEN SWIM<br>3:30 - 5:15pm                           | OPEN SWIM<br>3:00 - 5:00pm                                                   | OPEN SWIM<br>3:30 - 5:15pm                           | OPEN SWIM<br>3:00 - 5:00pm                                                   | Lap Swim<br>4:30 - 5:15pm                            |                                            |                                 |
| Weightless in the<br>Water: Shallow<br>5:15 - 6:00pm |                                                                              | Weightless in the<br>Water: Shallow<br>5:15 - 6:00pm |                                                                              | Weightless in the<br>Water: Shallow<br>5:15 - 6:00pm |                                            |                                 |
| Off the Deep End:<br>Deep<br>5:15 - 6:00pm           | Swim Lessons<br>5:00 - 6:30pm                                                | Off the Deep End:<br>Deep<br>5:15 - 6:00pm           | Swim Lessons<br>5:00 - 6:30pm                                                | Off the Deep End:<br>Deep<br>5:15 - 6:00pm           |                                            |                                 |
| Swim Lessons<br>6:00 - 7:30pm                        |                                                                              | Swim Lessons<br>6:00 - 7:30pm                        |                                                                              | OPEN SWIM<br>6:00 - 8:00pm                           | OPEN SWIM<br>6:00 - 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.