

# YWCA Pool Schedule

Summer 2024

Schedule valid as of 6/1/2024 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		
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	Lap Swim 7:15 - 8:00am	
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	Hydromania: Shallow 8:00 - 8:45am	
Wavemakers: Shallow 8:50 - 9:35am	Water Walking: Shallow 9:00 - 9:45am	Wavemakers: Shallow 8:50 - 9:35am	Water Walking: Shallow 9:00 - 9:45am	Wavemakers: Shallow 8:50 - 9:35am	Water Shuffle: Shallow 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	
Toddler Time 10:30 - 11:30am	Summer Camp Swim Lessons 10:30 - 11:30am	Adult Swim 10:30 - 11:30am	Summer Camp Swim Lessons 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 12:15 - 1:30pm	Lap Swim 12:00 - 1:00pm
Joint Flexibility: Shallow 1:00 - 1:45pm	Water Therapy 1:00 - 2:00pm	Joint Flexibility: Shallow 1:00 - 1:45pm	Water Therapy 1:00 - 2:00pm	Joint Flexibility: Shallow 1:00 - 1:45pm		
Adult Swim: Deep 1:00 - 1:45pm		Adult Swim: Deep 1:00 - 1:45pm		Adult Swim: Deep 1:00 - 1:45pm	OPEN SWIM 1:30 - 4:45pm	
OPEN SWIM 1:45 - 3:30pm	Lap Swim 2:00 - 3:00pm	OPEN SWIM 1:45 - 3:30pm	Lap Swim 2:00 - 3:00pm	OPEN SWIM 1:45 - 3:30pm		
Swim Lessons 3:30 - 5:00pm	OPEN SWIM 3:00 - 5:00pm	Swim Lessons 3:30 - 5:00pm	OPEN SWIM 3:00 - 5:00pm	Swim Lessons 3:30 - 5:00pm		
Weightless in the Water: Shallow 5:15 - 6:00pm	Swim Lessons 5:00 - 6:30pm	Weightless in the Water: Shallow 5:15 - 6:00pm	Swim Lessons 5:00 - 6:30pm	Weightless in the Water: Shallow 5:15 - 6:00pm	CLOSED	CLOSED
Off the Deep End: Deep 5:15 - 6:00pm		Off the Deep End: Deep 5:15 - 6:00pm		Off the Deep End: Deep 5:15 - 6:00pm		
OPEN SWIM 6:00 - 8:00pm	OPEN SWIM 6:30 - 8:00pm	OPEN SWIM 6:00 - 8:00pm	OPEN SWIM 6:30 - 8:00pm	OPEN SWIM 6:00 - 8:00pm		

**YWCA CLINTON POOL IS CLOSED DURING CLASSES.**

Please respect the pool time reserved for each activity.

Note: The sauna is closed whenever the pool area is closed.