



Washington YMCA Pool Schedule October 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------|---------------------------------|--|--|-----------------------------|--|
| | ADULT LAP SWIM 6-8am | ADULT LAP SWIM 5:45-7:45am | ADULT LAP SWIM 5:45-7:45am | ADULT LAP SWIM 5:45-7:45am | ADULT LAP SWIM 6-8am | ADULT LAP SWIM 7-9am |
| | AQUAROBICS I 8-8:45am | | | | AQUAROBICS I 8-8:45am | PRESCHOOL Level 1, 2 9-9:30am |
| | WATER WALKING 9-9:45am | | | | WATER WALKING 9-9:45am | PRESCHOOL Level 3, 4 9:30-10am |
| | AQUAROBICS II 10-10:45am | | JOINT EFFORT 9:30-10:15am | | AQUAROBICS II 10-10:45am | SCHOOL AGE Level 1, 2, 3 10-10:45am |
| | WATER WALKING 11-11:45am | | | | WATER WALKING 11-11:45am | SCHOOL AGE Level 4, 5, 6 10:45-11:30am |
| | NOON LAPSWIM 12-1pm | | | | NOON LAP SWIM 12-1pm | NOON LAP SWIM 11:30a-1p |
| | | SCHOOL AGE 1,2,3 3:45-4:30pm | SCHOOL AGE Level 1,2 3:45-4:30pm | | PRIVATE LESSONS 3-5p | PRIVATE LESSONS 1-2:30p |
| | SWIM TEAM 4:15-8:30pm | BABY CLASS 4:30-5pm | PRESCHOOL 1,2 4:30-5pm | SWIM TEAM 4:15-8:30pm *Start Oct. 19th | | |
| | | | PRIVATE LESSONS 5:30-8pm | | | |
| | | AQUA TABATA 6-6:45pm | | AQUA TABATA 6-6:45pm *Until Oct. 15th | | |

***POOL SCHEDULE IS SUBJECT TO CHANGE DUE TO STAFFING AVAILABILITY**

swim team website www.teamunify.com/ymca-2229

YMCA website www.washingtonymca.org

YMCA INDOOR AQUATIC FACILITY 319 653-6500

9/25/2020

***Fall lessons end October 31st, next session starts November 10th**

***Swim Team starts October 19th**