



Washington YMCA Pool Schedule August 2021

| 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 | TABATA FREESTYLE 8:30-9:15am | | TABATA FREESTYLE 8:30-9:15am | AQUAROBICS I 8-8:45am | |
| | WATER WALKING 9-9:45am | JOINT EFFORT 9:30-10:15am | | JOINT EFFORT 9:30-10:15a | WATER WALKING 9-9:45am | |
| | AQUAROBICS II 10-10:45am | | | | AQUAROBICS II 10-10:45am | |
| | WATER WALKING 11-11:45am | | | | WATER WALKING 11-11:45am | |
| | NOON LAPSWIM 12-1pm | | | | NOON LAP SWIM 12-1pm | |
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***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

6/14/2021

***Fall swim lessons will start week of September 7th**