



Washington YMCA Pool Schedule January 2022

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 7-10am
	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 9:30-10:15am	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	
	SWIM TEAM 8 & UNDER 4:15-5p		PRESCHOOL 1,2 4-4:30p	SWIM TEAM 8 & UNDER 4:15-5p		
	SWIM TEAM 9/10 5-5:45p		PRESCHOOL 3,4 4:30-5p	SWIM TEAM 9/10 5-5:45p		
	SWIM TEAM 11/12 5:45-6:45p		SCHOOL AGE 1,2 5-5:30p	SWIM TEAM 11/12 5:45-6:45p		
	SWIM TEAM 13+ 6:45-8p	AQUA TABATA 6-6:45pm	SCHOOL AGE 4,5 5:30-6p	SWIM TEAM 13+ 6:45-8p		
		SWIM TEAM 7-8:15p				

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

swim team
website

www.teamunify.com/ymca-2229

YMCA website

www.washingtonymca.org *Lessons start January 12th

YMCA INDOOR AQUATIC FACILITY 319 653-6500