



Washington YMCA Pool Schedule May 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	
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		AQUA TABATA 6-6:45pm		AQUA TABATA 6-6:45pm		

***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