



Washington YMCA Pool Schedule October 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	PRESCHOOL LEVEL 1,2 9-9:30am
	WATER WALKING 9-9:45am	JOINT EFFORT 9:30-10:15am		JOINT EFFORT 9:30-10:15am	WATER WALKING 9-9:45am	PRESCHOOL LEVEL 3,4 9:30-10am
	AQUAROBICS II 10-10:45am				AQUAROBICS II 10-10:45am	SCHOOL AGE LEVEL 1,2 10-10:45am
	WATER WALKING 11-11:45am				WATER WALKING 11-11:45am	SCHOOL AGE LEVEL 3,4 10:45-11:30am
	NOON LAPSWIM 12-1pm				NOON LAP SWIM 12-1pm	LAP SWIM 11:30am-12:30pm
	*SWIM TEAM 8 & UNDER 4:15-5p	PRESCHOOL LEVEL 1,2 4-4:30pm	SCHOOL AGE LEVEL 1,2 4:00-4:45pm	*SWIM TEAM 8 & UNDER 4:15-5p		
	SWIM TEAM 9/10 5-5:45p	PRESCHOOL LEVEL 3,4 5pm	SCHOOL AGE LEVEL 3,4 4:45-5:30pm	SWIM TEAM 9/10 5-5:45p		
	SWIM TEAM 11/12 5:45-6:45p	BABY CLASS 5-5:30pm		SWIM TEAM 11/12 5:45-6:45p		
	SWIM TEAM 13/14 6:45-7:30p	AQUA TABATA 6-6:45pm	PRIVATE LESSONS 5:30-7pm	SWIM TEAM 13/14 6:45-7:30p		
	SWIM TEAM 15+ 7:30-8:30p	SWIM TEAM 7-8:45p		SWIM TEAM 15+ 7:30-8:30p		

***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

9/16/2021

***Next session of lessons begins week of November 9th**

***Swim Team starts Oct. 25th (free week Oct. 18th)**