



Washington YMCA Pool Schedule

October 16-31 2023

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	WATER WALKING 8:15-9a	TABATA FREESTYLE 8:30-9:15am	AQUAROBICS I 8-8:45am	
	WATER WALKING 9-9:45am	JOINT EFFORT 9:30-10:15am	FREESTYLE JOINT EFFORT 9:15-10a	JOINT EFFORT 9:30-10:15am	WATER WALKING 9-9:45am	
	AQUAROBICS II 10-10:45am	AQUA CLASS WITH GINNY 10:30-11:15am		AQUA CLASS WITH GINNY 10:30-11:15am	AQUAROBICS II 10-10:45am	
	WATER WALKING 10:45-11:30am		WATER WALKING 11-11:45am		WATER WALKING 10:45-11:30am	
	NOON LAPSWIM 11:30am-12:15pm 12:15-1pm		NOON LAP SWIM 11:45a-1pm		NOON LAP SWIM 11:30am-12:15pm 12:15-1pm	
	8 & UNDER 4:15-5:00p			8 & UNDER 4:15-5:00p		
	9 & 10 5:00-5:45p			9 & 10 5:00-5:45p		
	11 & 12 5:45-6:45p			11 & 12 5:45-6:45p		
	13 & UP 6:45-8:00p	AQUA TABATA 6-6:45p		13 & UP 6:45-8:00p		
		13 & UP 7-8:30p				

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

swim team www.teamunify.com/ymca-2229

website

YMCA website www.washingtony.org

YMCA INDOOR AQUATIC FACILITY 319 653-6500

9/18/2023

*Free night for Swim Team - October 9th

*Swim team season starts October 16th
