

## Washington YMCA Pool Schedule January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ADULT LAP SWIM	ADULT LAP	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
	6-8am	SWIM	5:45-7:45am	5:45-7:45am	6-8am	7-9am
		5:45-7:45am				
	AQUAROBICS I	TABATA	WATER WALKING	TABATA	AQUAROBICS I	PRESCHOOL
	8-8:45am	FREESTYLE	8:15-9am	FREESTYLE	8-8:45am	LEVEL 1.2
		8:30-9:15am		8:30-9:15am		9-9:30am
	WATER WALKING	JOINT EFFORT	FREESTYLE	JOINT EFFORT	WATER WALKING	PRESCHOOL
	9-9:45am	9:30-10:15am	AQUAROBICS	9:30-10:15am	9-9:45am	LEVEL 2,3
			9:15-10am			9:30-10am
	AQUAROBICS II	FREESTYLE	ADULT LAP SWIM	FREESTYLE	AQUAROBICS II	SCHOOL AGE
	10-10:45am	AQUAROBICS	10a-11am	AQUAROBICS	10-10:45am	LEVEL 1,2
		10:30-11:15am		10:30-11:15am		10-10:30am
	WATER WALKING		WATER WALKING		WATER WALKING	2011001 405
	WATER WALKING 10:45-11:30am		WATER WALKING 11-11:45am		WATER WALKING 10:45-11:30am	SCHOOL AGE LEVEL 3
	10.45-11.50am		11-11.45am		10.45-11.50am	10:30-11am
						10.50-114111
	NOON LAPSWIM		NOON LAP SWIM		NOON LAP SWIM	
	11:30am-12:15pm		11:45a-1pm		11:30am-12:15pm	
	12:15-1pm				12:15-1pm	
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	<b>8 &amp; UNDER</b> 4:15- 5:00p	PRESCHOOL LEVEL 1,2	SCHOOL AGE LEVEL 1,2	8 & UNDER 4:15-5:00p		
	3.00р	4:30-5p	4:30-5p	4.13-3.00p		
		4.50-5p	4.00-ор			
	9 & 10	SCHOOL AGE	SCHOOL AGE	9 & 10		
	5:00-5:45p	LEVEL 4	LEVEL 3	5:00-5:45p		
		5-5:30p	5-5:30p			
	11 & 12	PARENT/TOT	SCHOOL AGE	11 & 12		
	5:45-6:45p	CLASS	LEVEL 5,6	5:45-6:45p		
	01.10 01.10	5:30-6p	5:30-6:15p	0.10 0.10		
		·	,			
	13 & UP	AQUA TABATA		13 & UP		
	6:45-8:00p	6-7p		6:45-8:00p		
		13 & UP				
		7-8:30p				
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## \*POOL SCHEDULE IS SUBJECT TO CHANGE DUE TO STAFFING AVAILABILITY

swim team <a href="https://www.gomotionapp.com/team/ymca-2229/page/home">https://www.gomotionapp.com/team/ymca-2229/page/home</a>

website

YMCA website www.washingtony.org

YMCA INDOOR AQUATIC FACILITY 319 653-6500

11/9/2023

**Closed January 1** 

## Lessons begin January 16th