



# Washington YMCA Pool Schedule January 2024

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 8:15-9am	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	FREESTYLE AQUAROBICS 9:15-10am	JOINT EFFORT 9:30-10:15am	WATER WALKING 9-9:45am	PRESCHOOL LEVEL 2,3 9:30-10am
	AQUAROBICS II 10-10:45am	FREESTYLE AQUAROBICS 10:30-11:15am	ADULT LAP SWIM 10a-11am	FREESTYLE AQUAROBICS 10:30-11:15am	AQUAROBICS II 10-10:45am	SCHOOL AGE LEVEL 1,2 10-10:30am
	WATER WALKING 10:45-11:30am		WATER WALKING 11-11:45am		WATER WALKING 10:45-11:30am	SCHOOL AGE LEVEL 3 10:30-11am
	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	PRESCHOOL LEVEL 1,2 4:30-5p	SCHOOL AGE LEVEL 1,2 4:30-5p	8 & UNDER 4:15-5:00p		
	9 & 10 5:00-5:45p	SCHOOL AGE LEVEL 4 5-5:30p	SCHOOL AGE LEVEL 3 5-5:30p	9 & 10 5:00-5:45p		
	11 & 12 5:45-6:45p	PARENT/TOT CLASS 5:30-6p	SCHOOL AGE LEVEL 5,6 5:30-6:15p	11 & 12 5:45-6:45p		
	13 & UP 6:45-8:00p	AQUA TABATA 6-7p		13 & UP 6:45-8:00p		
		13 & UP 7-8:30p				

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

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

website

YMCA website [www.washingtony.org](http://www.washingtony.org)

**YMCA INDOOR AQUATIC FACILITY 319 653-6500**

11/9/2023

Closed January 1

Lessons begin January 16th

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