

YWCA Pool SUMMER Schedule EFFECTIVE MAY 1, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 6:00-8:00	LAP SWIM 6:00-8:00	LAP SWIM 6:00-8:00	LAP SWIM 6:00-8:00	LAP SWIM 6:00-8:00		
DEEP H2O FITNESS CORINNA 8:00-9:00	DEEP H2O FITNESS FLO 8:15 -9:00	DEEP H2O FITNESS CORINNA 8:00-9:00	DEEP H2O FITNESS FLO 8:15 -9:00	DEEP H2O FITNESS CORINNA 8:00-9:00	LAP SWIM 8-9:00	
SHALLOW H2O FITNESS CORINNA 9:00-10:00	MUSCLE TONING FLO 9:00 -10:00	SHALLOW H2O FITNESS CORINNA 9:00-10:00	MUSCLE TONING FLO 9:00 -10:00	SHALLOW H2O FITNESS CORINNA 9:00-10:00	OPEN SWIM 9-3:30	
SHALLOW H2O FITNESS CORINNA 10:00-11:00	DEEP H2O FITNESS JULIE 10:00-11:00	SHALLOW H2O FITNESS CORINNA 10:00-11:00	DEEP H2O FITNESS JULIE 10:00-11:00	SHALLOW H2O FITNESS CORINNA 10:00-11:00		
BASIC ARTHRITIS CAROLYN 11-NOON	LAP SWIM 11:00-1:00	BASIC ARTHRITIS CAROLYN 11-NOON	LAP SWIM 11:00-1:00	BASIC ARTHRITIS CAROLYN 11-NOON		
LAP SWIM NOON-1:00		LAP SWIM NOON-1:00		LAP SWIM NOON-1:00		
DEEP H2O FITNESS FLO 1:00-2:00	OPEN SWIM/ CHILDREN'S SWIM 1:00-4:30	DEEP H2O FITNESS FLO 1:00-2:00	OPEN SWIM/ CHILDREN'S SWIM 1:00-4:30	DEEP H2O FITNESS FLO 1:00-2:00		
OPEN SWIM/ CHILDREN'S SWIM 2:00-4:30		OPEN SWIM/ CHILDREN'S SWIM 2:00-4:30		OPEN SWIM/ CHILDREN'S SWIM 2:00-4:30		
LAP SWIM 4:30-5:30	LAP SWIM 4:30-5:30	LAP SWIM 4:30-5:30	LAP SWIM 4:30-5:30	LAP SWIM 4:30-5:30	OPEN SWIM 3:00-7:00	
DEEP H2O FITNESS ANNE 5:30-6:30	DEEP H2O FITNESS ANNE 5:30-6:15	DEEP H2O FITNESS ANNE 5:30-6:30	DEEP H2O FITNESS ANNE 5:30-6:15	OPEN SWIM 6:30-8:30		
OPEN SWIM 6:30-8:30	SHALLOW H2O FITNESS CORINNA 6:15-7:00	OPEN SWIM 6:30-8:30	SHALLOW H2O FITNESS CORINNA 6:15-7:00			
	OPEN SWIM 7-8:30		OPEN SWIM 7-8:30			