

pool**MONDAY**

6:30 -7:30 am Lap Swim
 7:30 - 8:15 am Adult Swim Class
 8:15 - 8:45 am Open Plunge
 8:45 -9:30 am Water Aerobics
 9:30 -10:30 am Open Plunge
 10:30 -11:15 am Water Aerobics
 11:15 -12:45 pm Lap Swim
 12:45 -1:30 pm Arthritis Exercise
 1:45 - 2:45 pm Preschool Swim
 2:45 - 4:45 pm Open Plunge
 4:45 - 5:30 pm Energy Splash
 5:30 - 6:15 pm Water Aerobics
 6:15 - 7:00 pm Open Plunge

TUESDAY

6:30 -7:15 am Water Aerobics
 7:15-8:00 am Lap Swim
 8:00 - 8:45 am Water Aerobics
 8:45 - 9:30 am Water Aerobics
 9:30 - 11:15 am Open Plunge
 11:15 a.m.-12:45pm Lap Swim
 12:45 - 4:45 pm Open Plunge
 4:45-5:30 pm Water Aerobics
 5:30 - 7:00 pm Swim Lessons

WEDNESDAY

6:30 -8:00 am Lap Swim
 8:00 -8:45 am Open Plunge
 8:45 -9:30 am Water Aerobics
 9:30 -10:30 am Open Plunge
 10:30 -11:15 am Water Aerobics
 11:15 -12:45 pm Lap Swim
 12:45 -1:30 pm Arthritis Exercise
 1:30-4:45 pm Open Plunge
 4:45 -5:30 pm Energy Splash
 5:30 -6:15 pm Water Aerobics
 6:15 - 7:00 pm Open Plunge

THURSDAY

6:30-7:15 am Water Aerobics
 7:15-8:00 am Lap Swim
 8:00 - 8:45 am Water Aerobics
 8:45 - 9:30 am Water Aerobics
 9:30 - 12 noon Open Plunge
 12:00 - 1:00 pm Lap Swim
 1:00 - 4:45 pm Open Plunge
 4:45 - 5:30 pm Water Aerobics
 5:30 - 7:00 pm Swim Lessons

FRIDAY

6:30-8:45 am Lap Swim
 8:45-9:30 am Water Aerobics
 9:30 -10:30 am Open Plunge
 10:30 -11:15 am Water Aerobics
 11:15 -12:45 pm Lap Swim
 12:45 -1:30 pm Arthritis Exercise
 1:30 - 2:30 pm Montessori
 2:30 - 4:45 pm Open Plunge
 4:45- 5:30 pm Energy Splash
 5:30-6:15 pm Water Aerobics
 6:15 - 7:00 pm Family Plunge

SATURDAY -

7:30 - 8:15 am Water Aerobics
 8:30 - 11:30am Swim Lessons

gymnasium**MONDAY**

6:30 - 7:15 am AM Total Toning
 7:30-10:15 am OPEN
 10:30-11:15 am Silver Sneakers
 12:05 - 12:50 pm Fitness Training Extreme
 1:00 - 4:00 pm OPEN
 4:30 - 5:30 pm Rental
 5:30 - 8:00 pm Rental *
 6:10 - 8:00 pm Belly Dance *
 6:45-7:45 pm Tae Kwon Do *

TUESDAY

7:45 - 11:00 am OPEN
 12:05 - 12:50 pm Pilates
 1:00 - 5:00 pm OPEN
 5:00 - 7:45 pm Rental
 5:30 - 7:45 pm Gymnastics *

WEDNESDAY

6:30 - 7:15 am AM Total Toning
 7:30-10:15 am OPEN
 10:30 - 11:15 am Silver Sneakers
 12:05 - 12:50 pm Fitness Training Extreme
 1:00 - 3:45 pm OPEN
 4:15 - 6:30 pm Rental
 5:15 - 6:45 pm Yoga *
 6:45 - 7:45 pm Tae Kwon Do *

THURSDAY

7:45 - 11:00 am OPEN
 12:05 - 12:50 pm Pilates
 1:00 - 4:00 pm OPEN
 4:30 - 7:30 pm Rental
 5:30 - 7:45 pm Dance *

FRIDAY

6:30 - 7:15 am AM Total Toning
 7:30-10:15 am OPEN
 10:30 -11:15 am Silver Sneakers
 12:05 - 12:50 pm Fitness Training Extreme
 1:00 - 5:00 pm OPEN

SATURDAY

9:00 am-1:30 pm OPEN
 1:30 - 3:00 pm Rental

*see front desk for meeting site

body shop**MONDAY**

6:00 am - 7:00 pm OPEN

TUESDAY

6:00 am -10:30 am OPEN
 10:30 - 11:15 am Body Basics
 11:15am- 7:45 pm OPEN

WEDNESDAY

6:00 am-7:00 pm OPEN

THURSDAY

6:00 am -10:30 am OPEN
 10:30 - 11:15 am Body Basics
 11:15am - 7:45 pm OPEN

FRIDAY

6:00 am-7:00 pm OPEN

SATURDAY

7:30 am-3:00 pm OPEN

Children in the pool:

Thursday, October 12

1:45 - 2:45pm

Friday, October 13

Monday, October 23

Friday, October 27

1:45 - 3:45pm

Closed to others during these times.

Special events and circumstances sometimes affect scheduled open gym, open swim and class times. Please watch the building for posted signs about schedule changes.

October 2017

Building Schedule

**eliminating racism
empowering women**

ywca

Black Hawk County