

December 2017

Building Schedule

pool

MONDAY

6:30 – 7:30 am Lap Swim
 7:30 – 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. – 12:45 pm Lap Swim
 12:45 – 4:45 pm Open Plunge
 4:45 – 5:30 pm Water Aerobics

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

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
 8:15 – 10:30 am Family Plunge

*Special holiday changes—to the right.

gymnasium

MONDAY

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

TUESDAY

7:45 – 5:00 pm OPEN
 5:00 – 7:45 pm Rental

WEDNESDAY

6:30 – 10:00 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 – 4:00 pm OPEN
 4:30 – 7:30 pm Rental

FRIDAY

6:30 – 10:00 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

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

December 26, 27, 28, 29, Jan 2

6:30-8:30am Open Plunge
 12:00-2:00pm Open Plunge
 2:00-3:00pm Playdays Children
 3:00-5:00pm Open Plunge

**NO Water Aerobics, Energy Splash
 or Arthritis Exercise classes**

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
 11:15 am – 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
 11:15 am – 7:45 pm OPEN

FRIDAY

6:00 am – 7:00 pm OPEN

SATURDAY

7:30 am – 3:00 pm OPEN

Children in the pool:
Closed to others during
 these times.

Dec 5 3:00-4:30pm
 Dec 7 3:00-4:30pm
 Dec 11 1:45-3:45pm
 Dec 22 1:45-3:45pm
 Dec 26 2:00-3:00pm
 Dec 27 2:00-3:00pm
 Dec 28 2:00-3:00pm
 Dec 29 2:00-3:00pm
 Jan 2 2:00-3:00pm

The YWCA building will
 be CLOSED for the
 Christmas & New Year's
 holidays:
 December 23-25, 30-31
 January 1

**eliminating racism
 empowering women**
ywca
 Black Hawk County