

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

SATURDAY

7:30 - 8:15 am	Water Aerobics
8:15 - 9:00 am	Family Plunge

gymnasium

MONDAY

6:30 - 7:15 am	Sunrise Sets and Reps
7:30 - 10:15 am	OPEN
10:30 - 11:15 am	Silver Sneakers
12:05 - 12:50 pm	3000 X
1:00 - 4:00 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 - 11:00 am	OPEN
1:00 - 4:00 pm	OPEN
4:30 - 7:45 pm	Rental

WEDNESDAY

6:30 - 7:15 am	Sunrise Sets and Reps
7:30 - 10:15 am	OPEN
10:30 - 11:15 am	Silver Sneakers
12:05 - 12:50 pm	3000 X
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
1:00 - 4:00 pm	OPEN
4:30 - 7:45 pm	Rental
5:30 - 7:45 pm	Dance*

FRIDAY

6:30 - 7:15 am	Sunrise Sets and Reps
7:30 - 10:15 am	OPEN
10:30 - 11:15 am	Silver Sneakers Yoga
12:05 - 12:50 pm	3000 X
1:00 - 5:00 pm	OPEN

SATURDAY

9:00 - 11:15 am	Gymnastics*
9:00 - 10:00 am	Zumba* (last class 11/17; back in Spring)
11:15 - 1:30 pm	OPEN
1:30 - 3:00 pm	Rental

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

The YWCA will be CLOSED November 22, 23, 24, 25 for the Thanksgiving Holiday.

body shop

MONDAY

6:00 am - 7:00 pm	OPEN
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TUESDAY

6:00 am - 10:30 am	OPEN
10:30 - 11:15 am	Back to Basics Circuit Training
11:15am - 7:45 pm	OPEN

WEDNESDAY

6:00 am - 7:00 pm	OPEN
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THURSDAY

6:00 am - 10:30 am	OPEN
10:30 - 11:15 am	Back to Basics Circuit Training
11:15am - 7:45 pm	OPEN

FRIDAY

6:00 am - 7:00 pm	OPEN
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SATURDAY

7:30 am - 3:00 pm	OPEN
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Changes to November swimming pool schedule:

Friday, November 9, 16

Children in the pool from 2:30-3:30pm

Wednesday, November 21

Children in the pool from 1:00-3:00pm

Fridays, November 2, 9, 16, 30

Pool closed from 12:00-1:30pm

Monday, November 12

Pool closed from 1:00-1:30pm

Wednesday, November 14

Pool closed from 6:30am-8:15am & from 12:15-1:30pm

November 19, 20, 21

Regular Pool Schedule

November 2018

Building Schedule

**eliminating racism
empowering women**

ywca

Black Hawk County