

**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

**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  
 5:30 - 7:00 pm Youth 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 Arthritis Exercise  
 11:45 - 12:45 pm Lap Swim  
 12:45 - 4:45 pm Open Plunge  
 4:45 - 5:30 pm Energy Splash

**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  
 5:30 - 7:00 pm Youth 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 Arthritis Exercise  
 11:15 - 12noon Preschool Swim  
 12noon - 1:30pm Open Plunge  
 1:30 - 2:30 pm Montessori

**SATURDAY**

7:30 - 8:15 am Water Aerobics  
 8:15 - 9:00 am Family Plunge  
 9:00 - 12noon Youth Swim Lessons

**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  
 5:30 - 7:45 pm Gymnastics\*

**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  
 1:30 - 2:30 pm Montessori (*Feb 15 only*)

**SATURDAY**

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

\*see front desk for location of class

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

**body shop****MONDAY**

6:00 am - 7:00 pm OPEN

**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

**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

**SATURDAY**

7:30 am - 3:00 pm OPEN

**Changes to February schedule:**Monday, February 11

Pool closed from 11:45am-3:30pm

Wednesday, February 13

Pool closes at 12:45pm

Thursday, February 14

Pool closed 1:00-1:45pm  
 Children in the pool 1:30-3:30pm

Friday, February 15

Pool closed **ALL DAY**

Monday, February 18

Pool closes at 12:45pm

Tuesday, February 19

Pool closed 1:00-1:45pm

Wednesday, February 20

Pool closes at 12:45pm

Friday, February 22

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

**eliminating racism  
 empowering women**

**ywca**

**Black Hawk County**

**February, 2019**

**Building Schedule**