



MAIN POOL SCHEDULE

SEPTEMBER 3 – DECEMBER 31, 2023

Please check white board on pool deck for any scheduling changes.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
CLOSED	5:00-7:30 LAP / WW ALL LANES	5:00-7:30 LAP / WW ALL LANES	5:00-7:30 LAP / WW ALL LANES	5:00-7:30 LAP / WW ALL LANES	5:00-7:30 LAP / WW ALL LANES	CLOSED
	7:30-8:30 AQUA FITNESS ALL LANES NO LAP LANES	7:30-8:30 AQUA AEROBICS ALL LANES NO LAP LANES	7:30-8:30 AQUA FITNESS ALL LANES NO LAP LANES	7:30-8:30 AQUA AEROBICS ALL LANES NO LAP LANES	7:30-8:30 AQUA FITNESS ALL LANES NO LAP LANES	
	8:30-9:30 H.E.A.R.T. ALL LANES NO LAP LANES	8:30-9:30 H.E.A.R.T. ALL LANES NO LAP LANES	8:30-9:30 H.E.A.R.T. ALL LANES NO LAP LANES	8:30-9:30 H.E.A.R.T. ALL LANES NO LAP LANES	8:30-9:30 H.E.A.R.T. ALL LANES NO LAP LANES	7:00-1:00 LAP / WW ALL LANES
10:00-NOON LAP / WW ALL LANES	9:30-1:00 LAP / WW Private Lessons ALL LANES	9:30-1:00 LAP / WW Private Lessons ALL LANES	9:30-1:00 LAP / WW Private Lessons ALL LANES	9:30-1:00 LAP / WW Private Lessons ALL LANES	9:30-1:00 LAP / WW Private Lessons ALL LANES	
NOON-2:00 OPEN SWIM	1:00-2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00-2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00-2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00-2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00-2:00 SCHOOL GROUP LESSONS NO LAP LANES	1:00-3:00 OPEN SWIM ALL LANES
CLOSED	2:00-4:30 LAP / WW ALL LANES	2:00-4:30 LAP / WW ALL LANES	2:00-4:30 LAP / WW ALL LANES	2:00-4:30 LAP / WW ALL LANES	2:00-4:30 LAP / WW ALL LANES	3:00-4:30 PROGRAMS & RENTALS
	4:30-5:30 3 LANES LAP 3 LANES WWSC	4:30-5:30 3 LANES LAP 3 LANES WWSC	4:30-5:30 3 LANES LAP 3 LANES WWSC	4:30-5:30 3 LANES LAP 3 LANES WWSC	4:30-5:30 3 LANES LAP 3 LANES WWSC	
	5:30-7:00 Y SWIM LESSONS ALL LANES NO LAP LANES	5:30-7:00 Y SWIM LESSONS ALL LANES NO LAP LANES	5:30-7:00 Y SWIM LESSONS ALL LANES NO LAP LANES	5:30-7:00 Y SWIM LESSONS ALL LANES NO LAP LANES	5:30-7:00 Y SWIM LESSONS ALL LANES NO LAP LANES	5:30-7:00 OPEN SWIM 2 LAP LANES
	7:00-8:45 LAP / WW ALL LANES	7:00-8:45 LAP / WW ALL LANES	7:00-8:45 LAP / WW ALL LANES	7:00-8:45 LAP / WW ALL LANES	7:00-8:45 LAP SWIM ALL LANES	



WARM POOL SCHEDULE

SEPTEMBER 3 – DECEMBER 31, 2023

Please check white board on pool deck for any scheduling changes.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
CLOSED	6:00–9:45 ADULT OPEN 18+ Only	6:00–9:45 ADULT OPEN 18+ Only	6:00–9:45 ADULT OPEN 18+ Only	6:00–9:45 ADULT OPEN 18+ Only	6:00–10:30 ADULT OPEN 18+ Only	7:00–9:00 ADULT OPEN 18+ Only
	10:00–NOON ADULT OPEN 18+ Only	9:45–10:30 JOINT MOBILITY & STRETCH	9:45–10:30 LIGHT AEROBICS	9:45–10:30 JOINT MOBILITY & STRETCH		9:45–10:30 LIGHT AEROBICS
NOON–2:00 OPEN SWIM	11:30–1:00 ADULT OPEN 18+ Only	10:30–11:30 ADULT OPEN 18+ Only	10:30–11:30 YMCA PRESCHOOL <i>Every 1st and 3rd week of the Month</i>	10:30–11:30 YMCA PRESCHOOL <i>Every 1st and 3rd week of the Month</i>	10:30–1:00 OPEN SWIM FOR FAMILIES WITH SMALL CHILDREN	10:00–3:00 OPEN SWIM
		11:30–1:00 VETERANS' SWIM Spouses Welcome 18+ Only	11:30–1:00 ADULT OPEN 18+ Only	11:30–1:00 VETERANS' SWIM Spouses Welcome 18+ Only		
CLOSED	1:00–2:00 SCHOOL GROUP LESSONS	1:00–2:00 SCHOOL GROUP LESSONS	1:00–2:00 SCHOOL GROUP LESSONS	1:00–2:00 SCHOOL GROUP LESSONS	1:00–2:00 SCHOOL GROUP LESSONS	
	2:00–4:30 ADULT OPEN 18+ Only	2:00–4:30 ADULT OPEN 18+ Only	2:00–4:30 ADULT OPEN 18+ Only	2:00–4:30 ADULT OPEN 18+ Only	2:00–5:30 ADULT OPEN 18+ Only	
	4:30–7:00 SWIM LESSONS	4:30–7:00 SWIM LESSONS	4:30–7:00 SWIM LESSONS	4:30–7:00 SWIM LESSONS	5:30–8:45 OPEN SWIM	CLOSED
	7:00–8:45 OPEN SWIM	7:00–8:45 OPEN SWIM	7:00–8:45 OPEN SWIM	7:00–8:45 OPEN SWIM		



“Stress is the # 1 risk factor to the health and wellbeing of people in the Walla Walla Valley.” – Blue Zones Project

Finish your stress cycle by attending a class with **blue** text!

Address the Stress is a BZP community initiative.

Look for the logo at multiple local stress-addressing partners!

