



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WALLA WALLA YMCA MAIN POOL SCHEDULE WINTER/SPRING 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:15am-1pm	Lap Swim 5:15am-1pm	Lap Swim 5:15am-1pm	Lap Swim 5:15am-1pm	Lap Swim 5:15am-1pm		
Water Walking 6:00-7:30am	Water Walking 6:00-7:30am	Water Walking 6:00-7:30am	Water Walking 6:00-7:30am	Water Walking 6:00-7:30am	Lap Swim and Lessons 7 – 10am	Lap Swim and Lessons 8 – 10am
Aqua Gold 7:30-8:30am	Marine Core 7:30-8:30am	Aqua Gold 7:30-8:30am	Marine Core 7:30-8:30am	Aqua Gold 7:30-8:30am		
LIMITED OR NO LANES AVAILABLE DURING BLUE BLOCKS						
H.E.A.R.T. 8:30-9:30am	Aqua Zumba 8:30-9:20am	H.E.A.R.T. 8:30-9:30am	Aqua Zumba 8:30-9:20am	H.E.A.R.T. 8:30-9:30am	Water Aerobics and Lap Swim 8:30 – 9:30am	Lap Swim and Lessons 9:30-10am
Lap Swim and Water Walking 9:30am-1pm	Lap Swim 5:15am-1pm	Lap Swim and Water Walking 9:30am-1pm	Lap Swim 5:15am-1pm	Lap Swim and Water Walking 9:30am-1pm	Lap Swim and Lessons 9:30-10am	
	Lessons 10:30-11:15am 3 lap lanes		Lessons 10:30-11:15am 3 lap lanes			
Lap Swim and Water Walking 11:30am-1pm	Lap Swim and Water Walking 11:30am-1pm		Lap Swim and Water Walking 11:30am-1pm		Open Swim 10am-12pm Lap Lanes as space allows	Open Swim 10am-12pm Lap lanes as space allows
Lessons 1-2pm No lap lanes	Lessons 1-2pm No lap lanes		Lessons 1-2pm No lap lanes	Lessons 1-2pm No lap lanes	Lap Swim and Lessons 12-1pm	Lap Swim and Lessons 12-1pm
Lap Swim and Water Walking 2-3:30pm	Lap Swim and Water Walking 2-3:30pm	Camp/Lap Swim Water Walking 3-4pm Limited lap lanes	Lap Swim and Water Walking 2-3:30pm	Lap Swim, Lessons, and Water Walking 2-3:30pm	Open Swim 1-3pm	Open Swim 1-3pm
Lessons & Swim Club 3:30-5:30pm No lap lanes	Lessons & Swim Club 3:30-5:30pm No lap lanes	Lessons & Swim Club 3:30-5:30pm No lap lanes	Lessons & Swim Club 3:30-5:30pm No lap lanes	Swim Club Practice 3:30-5:30pm No lap lanes	Birthday Party Rentals 3:30-4:30pm	Birthday Party Rentals 3:30-4:30pm
Lap Swim and Lessons 5:30-6:30pm	Water Tabata 5:30-6:15pm	Aqua Zumba 5:30-6:20pm	Water Tabata 5:30-6:15pm	Lap Swim and Lessons 5:30-6:30pm	Later rentals by arrangement	Later rentals by arrangement
Lessons 6:30-8pm No lap lanes	Lessons 6:30-8pm No lap lanes	Lessons 6:30-8pm No lap lanes	Lessons 6:30-8pm No lap lanes	Open Swim 6:30-8pm		



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WALLA WALLA YMCA WARM POOL SCHEDULE WINTER / SPRING 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Open Swim 6:30-8:30am	Adult Open Swim 6:30-8:30am	Adult Open Swim 6:30-8:30am	Adult Open Swim 6:30-8:30am	Adult Open Swim 6:30-8:30am	Adult Open Swim 7-9am	Adult Open Swim 8-9am
Open Swim 8:30-9:30am	Open Swim 8:30-9:30am	Open Swim 8:30-9:30am	Open Swim 8:30-9:30am	Open Swim 8:30-9:30am	Family Swim 9:00am-12:00pm Priority swim for families with small children	Family Swim 9:00am-12:00pm Priority swim for families with small children
Warm Worx 9:30-10:30am		Warm Worx 9:30-10:30am				
Open Swim 10:30am-2:00pm	Swim Lessons (large warm pool) 10:30-11:30am Small warm pool open swim	Open Swim 10:30am-2:00pm	Swim Lessons (large warm pool) 10:30-11:30am Small warm pool open swim	Open Swim 11:00am-2:00pm	Adult Open Swim 12:00-1:00pm	Adult Open Swim 12:00-1:00pm
Aqua Yoga 12:15-1:00pm	Cardio Wave 12:00-1:00pm	Aqua Yoga 12:15-1:00pm	Cardio Wave 12:00-1:00pm		Family Swim 1-3pm Priority swim for families with small children	Family Swim 1-3pm Priority swim for families with small children
Open Swim 1:00-2:00pm	Open Swim 1:00-2:00pm	Open Swim 1:00-2:00pm	Open Swim 1:00-2:00pm			
A QUIET SWIM OPEN TO OUR VETS						
Veteran Swim 2:00-4:00pm	Veteran Swim 2:00-4:00pm	Veteran Swim 2:00-4:00pm	Veteran Swim 2:00-4:00pm	Veteran Swim 2:00-4:00pm		
Swim Lessons 4:00-5:00pm Both pools	Swim Lessons 4:00-5:00pm Both pools	Swim Lessons 4:00-5:00pm Both pools	Swim Lessons 4:00-5:00pm Both pools	Private Swim Lessons 4:00-5:00pm Shared pool	Rentals 3:30-4:30pm	Rentals 3:30-4:30pm
Open Swim 5:00-6:00pm	Open Swim 5:00-6:00pm	Open Swim 5:00-6:00pm	Open Swim 5:00-6:00pm	Open Swim 5:00-6:00pm	Later rentals by arrangement	Later rentals by arrangement
Swim Lessons 6:00-7:15pm Both pools	Swim Lessons 6:00-7:15pm Both pools	Swim Lessons 6:00-7:15pm Both pools	Swim Lessons 6:00-7:15pm Both pools	Family Swim 6:30-8pm		
Family Swim 7:15-8:00pm	Family Swim 7:15-8:00pm	Family Swim 7:15-8:00pm	Family Swim 7:15-8:00pm			