

LAP POOL

Effective November 28 to December 31, 2021

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM							
7:00 AM			8:00 - 10:45	8:00 - 3:45	8:00 - 10:45	8:00 - 3:45	8:00 - 9:00
8:00 AM	Masters		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 AM	Swim Team						Swim Lessons
10:00 AM							9:15 - 12:00
11:00 AM			Aquacise		Aquacise	11:30 Aquacise	
12:00 PM			12:00-3:45		12:00-3:45	2 Lanes Lap	12:15 - 1:00
1:00 PM			Lap Swim		Lap Swim		2 Lanes Lap
2:00 PM							2 Open Lanes
3:00 PM							
4:00 PM			Swim Lessons		4:00 - 5:30		
5:00 PM			5:30-6:30	5:30 LaBlast Splash	5:30 - 6:30	5:30 - 6:30	
6:00 PM			Masters	5:30- 6:30 2 Lanes Lap	Masters	2 Lanes Lap	
7:00 PM			Swim Team		Swim Team	2 Open Lanes	
8:00 PM							

Signup is required for Masters, Aquacise and LaBlast Splash
 Circle swimming will be enforced if more than 2 swimmers are swimming per lane

1 Length = 25 yards
 72 Lengths = 1 mile

Adult Warm Water Pool

Effective November 28 to December 31, 2021

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			8:00 - 8:45	8:00 - 8:45	8:00 - 8:45	8:00 - 8:45	
7:00 AM			Adult Open	Adult Open	Adult Open	Adult Open	
8:00 AM							Swim Lessons
9:00 AM			AJH	Swim Lessons	AJH	Swim Lessons	9:00-12:20
10:00 AM			9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	9:00 - 12:00	
11:00 AM							
12:00 PM		12:15 AFAP	12:15 Encore	12:15 AFAP	12:15 - 3:15	12:15 Aqua Yoga	
1:00 PM		1:00 Aqua Yoga	1:15-3:15	1:15-3:15	Adult Open	1:15-3:15	12:25 - 1:00
2:00 PM			Adult Open	Adult Open		Adult Open	Adult Open
3:00 PM			Swim Lessons		3:30 - 5:00		
4:00 PM							
5:00 PM			5:00-6:10 AJH	5:00 - 6:15 Adult Open	Swim Lessons	5:00-6:45	
6:00 PM			6:15-7:00	Aqua Stretch	6:15 - 7:00	Adult Open	
7:00 PM			Encore	6:15-7:00	Encore		
8:00 PM							

Warm Water Pool is for 18 years and over

There is No Lap Swimming in the Warm Water Pool

Signup is required for Aqua Stretch, Aqua Yoga and AFAP

*Monday classes must enter/exit through the side Pool Door

ywca greater newburyport 13 market street newburyport, ma 01950 978-465-9922 www.ywcanewburyport.org

