



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA of Jefferson County Pool Schedule

• The light gray areas indicate when the pool is occupied with classes or other programming and not available for open swim.

• Aqua Fitness Classes will also start the week of September 9th.

The schedule for all Group Exercise classes, including Aqua Fitness will also be viewable on our website, [www.olympicpeninsulaymca.org/schedules](http://www.olympicpeninsulaymca.org/schedules) Search under "Group Exercise Schedules" or use the QR code provided.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM						
6:00 AM						
7:00 AM	Lap Swim 4 Lanes	Lap Swim 4 Lanes			Lap Swim 4 Lanes	
8:00 AM	Open Swim Deep End 7 - 9 am	Open Swim Deep End 7 - 9 am			Deep Water Aerobics Zory Hill 7:15-8:15 am Lap Swim 4 Lanes Open Swim Deep End 7 - 9 am	
9:00 AM	Shallow Water Aerobics Vicki Drury 9:15-10:15 am	Short Course Lap Swim 4 Lanes			Shallow Water Aerobics Shelly Gould 9:15-10:15 am	
10:00 AM	Short Course Lap Swim 4 Lanes Open Swim Shallow End 9 am - Noon				Short Course Lap Swim 4 Lanes Open Swim Shallow End 9 am - Noon	
11:00 AM						
NOON						
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6:00 PM						
7:00 PM						