

ywca laniakea pool class schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
8:00am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Learn to Swim Classes* are available from 8am-1pm Please see the front desk for schedule of classes
9:00am	Aqua Yoga 9:00-10:00a (Donna Wong)	Aqua fit II 9:00-10:00a (Lauren Murata)	Aqua Aerobics 9:00-10:00a (Albeth Unto)	Aqua Fit II 9:00-10:00a (Chris Meller)	Aqua Zumba 9:00-10:00a (Christopher Cruz)	Closed	
10:00am	Open swim 10:00-11:00a	Open Swim 10:00-11:00a	Open Swim 10:00-11:00a	Open Swim 10:00-11:00a	Open Swim 10:00-11:00a	Closed	
11:00am	Laps swimming Only 11:00am-1:30pm	Laps swimming Only 11:00am-1:30pm	Laps swimming Only 11:00am-1:30pm	Laps swimming Only 11:00am-1:30pm	Laps swimming Only 11:00am-1:30pm	Closed	
12:00pm 1:30pm	Laps swimming Only 11:00am-1:30pm	Laps swimming Only 11:00am-1:30pm	Laps swimming Only 11:00am-1:30pm	Laps swimming Only 11:00am-1:30pm	Laps swimming Only 11:00am-1:30pm	Closed	1pm-1:45pm Laps Swimming
1:30pm	Open swim	Open swim	Reserved for MBT Swimming Class (No open or laps swimming on 1:30-2:30pm on 1/13, 1/27, 2/10, 2/24, 3/9, 3/30, 4/13, 4/27, 5/11 and 5/25 (see front desk for any questions)	Open swim	Open swim	Closed	SHOWER/LOCKER IS CLOSED AT 2PM
3:00pm							
3:30pm	Learn to swim class 3:30-5:15 pm (if class is small, ask instructor if you can do laps swimming)	Open laps swimming	Learn to swim class 3:30-5:15 pm (if class is small, ask instructor if you can do laps swimming)	Open laps swimming	Open laps swimming	Closed	Closed
4:00pm		Open laps swimming		Open laps swimming	Open laps swimming	Closed	Closed
5:00pm		Masters Swim/Stroke refinement* 5-6:00pm		Open laps swimming	Open laps swimming	Closed	Closed
5:30- 6:45pm	Laps swimming Only	Laps swimming Only	Laps swimming Only	Laps swimming Only	Aqua Zumba 5:30-6:30p (Priscilla)	Closed	Closed
6:45pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
7:00PM	closed	Closed	Closed	Closed	Closed	Closed	Closed

Note: All classes held in the pool must be approved by the YWCA.

CLASSES MAY BE SUBJECT TO CHANGE OR CANCELLATION

***Registration and fees required**