YWCA Elmira & the Twin Tiers
Fall Swim Schedule starting November 9, 2011

MONDAY 7:00-9:00 AM swim 9:00-10:00 Aquajog/parent&child 10:00-11:00am Aquacise 11:00-12:00pm Rehab Class 12:00-1:00pm Lappers Closed 1:00-4:00 4:00-5:15 Swim lessons 5:15-6:15pm Aquacise 6:15-7:30 Open Swim	**TUESDAY** 7:00-9:00 AM Swim 9:00-10:00am AquaWeights 10:00-11:00am Aquacise 11:00-12:00pm Women's dip 12:00-1:00pm Lappers Closed 1:00-4:00 4-5pm Family Swim 5:15-6:15pm AquaZumba&Weights 6:30-7pm Starfish
WEDNESDAY 7:00-9:00am AM Swim 9:00-10:00 Aquajog/parent&child 10:00-11:00 Private Swim UPK 11:00-12:00pm Rehab Swim 12:00-1:00pm Lappers Closed 1:00-4:00 4:00-5:00 Family Swim 5:15-6:15pm Aquacise 6:15-7:30 Community Swim	**THURSDAY** 7:00-9:00 AM Swim 9:00-10:00am AquaWeights 10:00-11:00 Aquacise 11:00-12:00am Women's Dip 12:00-1:00pm Lappers Closed 1:00-4:00 4:00-5:00pm- Closed to members/ Private Rental 5:15-6:15pm Aqua Zumba&Weights 6:15-7:30 Open Swim
FRIDAY 7:00-9:00am AM Swim 9:00-10:00 Aquajog/parent&child 10:00-11:00am Aquaweights 11-12pm Rehab Swim 12- 1:00pm Lappers Closed 1:00-4:00 4:00-6:00pm Family swim 6:00-7:00pm Splash Party 7:00-9:00pm Community Swim	**SATURDAY** 10:30-12:00 Swim Lessons 12:00-2:00 Community Swim 2:00-3:00 Splash Party 3:00-4:00 Splash Party **SUNDAY** 12:00-2:00 Community Swim 2:00-3:00 Splash Party

Schedule Subject to Change for update www.ywcaelmira.org

We welcome all to the community swim.

To swim at the other times you must be a member of the YWCA. For this and other benefits of membership contact the YWCA 733-5575