



# WOODSON YMCA

Revised 8-20-19

## WAUSAU BRANCH – POOL SCHEDULE – (August 25 – August 31)

**North Pool 80-82\***

(#) indicated number of lanes available

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM-1:45 PM Lap Swim (5) Water Walk (1)	5:00-8:50 AM Lap Swim (5) Water Walk (1)	5:00-5:55 AM Lap Swim (5) Water Walk (1)	5:00-5:25 AM Lap Swim (5) Water Walk (1)	5:00-5:55 AM Lap Swim (5) Water Walk (1)	5:00-8:50 AM Lap Swim (5) Water Walk (1)	7:00- 8:25 AM Lap Swim (5) Water Walk (1)
		6:00-6:45 AM H2O Resistance (2) Lap Swim (4)	5:30-6:15 AM Aqua Mash Up (3) Lap Swim (3)	6:00-6:45 AM H2O Resistance (2) Lap Swim (4)		8:30-10:00 AM Swim Team (4) Lap Swim (2)
		6:50-8:50 AM Lap Swim (5) Water Walk (1)	6:20-8:50 AM Lap Swim (5) Water Walk (1)	6:50-8:50 AM Lap Swim (5) Water Walk (1)		
9:00-9:45 AM Shallow Water Exercise (6)						10:05 AM-4:45 PM Lap Swim (5) Water Walk (1)
10:00-10:45 AM Aqua Zumba (4) Lap Swim (2)	9:50 AM-4:25 PM Lap Swim (5) Water Walk (1)	10:00-10:45 AM Aqua Zumba (4) Lap Swim (2)	9:50 AM-7:45 PM Lap Swim (5) Water Walk (1)	9:50 AM-4:25 PM Lap Swim (5) Water Walk (1)		
**Lap Swim is open to swimmers of all ages who can proficiently swim the length of the pool**	10:50 AM-4:25 PM Lap Swim (5) Water Walk (1)	10:50 AM-4:25 PM Lap Swim (5) Water Walk (1)		4:30-6:15 PM Swim Team (4) Lap Swim (2)	**Private Lesson participants may use open lanes during lap swim times**	
	4:30-6:00 PM Swim Team (4) Lap Swim (2)					6:05 PM-7:45 PM Lap Swim (5) Water Walk (1)

### South Pool 83-84\*

**\*\*Children under 7 years of age must be accompanied by an adult in the water\*\***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pool Closed	Pool opens at 8:45 AM					Pool Closed Friday Mornings	1:00-4:45 PM Open Swim
	9:00-10:00 AM Aqua Fit in Deep/ Open Swim	8:45-11:30 AM Open Swim	9:00-10:00 AM Aqua Fit in Deep/ Open Swim	8:45-11:30 AM Open Swim			
	10:00-10:45 AM Ai Chi		10:00-10:45 AM Ai Chi				
	10:45-11:30 AM Open Swim		10:45-11:30 AM Open Swim				
1:00-7:45 PM Open Swim							

### Small Pool 86-88\*

**\*\*Children under 7 years of age must be accompanied by an adult in the water\*\***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed	1:00-7:45 PM Open Swim					1:00 – 4:45 PM Open Swim