

Fall 2010 Plunge Schedule ver. 1

September 7, 2010 – January 30, 2011

eliminating racism
empowering women
ywca

Pool Closed: October 29@ 4:30pm, All Day October 30 & 31, Nov.11, 25th, December 24, 25 & 31, January 1st & 17th
No Classes (Pool Open): November 26-28th, December 23, 26-30, January 2nd, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:45 Adult Lap Swim	6:30-10:00am Adult Lap Swim 2 lanes 9:30-10:00am	6:00-9:45 Open Swim Sr. Citizens ½ pool 8:00-9:15	6:30-9:30am Adult Lap Swim	6:00-9:45 Adult Lap Swim		8:30-9:00 Adult Lap Swim 9:00-9:55 Open Swim
11-12:00 Women's Swim	11-12:00 Women's Swim	11-12:00 Women's Swim	11-12:00 Women's Swim	11-12:00 Women's Swim	Adult Lap & Women Only Swims open to individuals aged 15 and above. Family & Open swims welcome all ages. There is no guarantee of lap swimming during Family & Open swims. Please be prepared to present membership cards and to pay fees with extra change. No access is available during non-swim times	
12-1:00 Open Swim	12-12:30 Adult Lap Swim	12-1:00 Open Swim	12-12:30 Adult Lap Swim	12-1:00 Open Swim		
1-2:00 Adult Lap Swim (2 lanes)	12:30-1 Open Swim	1-2:00 Adult Lap Swim (2 lanes)	12:30-1 Open Swim			
2:30-3:40 Open Swim	2:30-3:40 Open Swim	2:30-3:40 Open Swim	2:30-3:40 Open Swim	2:30-3:40 Open Swim	2:00-3:30 Family Swim (No Laps)	2:30-3:30 Open Swim
8:45-10:15 Open Swim 2 lanes	8:45-10:15 Open Swim 2 lanes	8:45-10:15 Open Swim	8:45-10:15 Open Swim 2 lanes	7:30-9:30 Family Swim	3:30-4:30 Open Swim	3:30-4:30 Family Swim (No Laps)

Plunge schedule and lane availability are subject to modification at any time.

Check www.ywcawhiteplains.com for holidays & updates.

YWCA of White Plains
515 North Street
White Plains, NY 10605

(914) 949-6227
Pool ext 152
Fitness Desk ext 150
Front Desk ext 100