

Fall 2010 Plunge Schedule ver. 3

September 7, 2010 – January 30, 2011

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 26th -28th, December 26-30th, 2010, 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	6:45-8:45 Adult Lap Swim (2 Lanes)	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	<p>Adult Lap & Women Only Swims open to individuals aged 15 and above.</p> <p>Family & Open swims welcome all ages.</p> <p>There is no guarantee of lap swimming during Family & Open swims.</p> <p>Please be prepared to present membership cards and Dip ticket. No Dip ticket? Fees must be paid with extract change. Purchase you Dip ticket at front deck. It is easier and costs less.</p> <p>No access is available during non-swim times</p>	
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.

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

Check www.ywcawhiteplains.com for holidays & updates.

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