

Winter / Spring 2010 Plunge Schedule ver. 1

February 1, 2010 - June 20, 2010

eliminating racism
empowering women
ywca

Pool Closed: Feb 6 @ 4:30, Apr 4, May 31

No Classes (Pool Open): Feb. 13-19, Mar 29 - Apr 3, May 29-30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:00am 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	6:30-10:00am Adult Lap Swim 2 lanes 9:30-10:00am	6:00-9:45 Adult Lap Swim	6:45-8:45 Adult Swim ½ Pool	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	1-2:00 Adult Lap Swim (2 lanes)		
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	2:30-3:30 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	8:15-10:15 Open Swim	8:45-10:15 Open Swim 2 lanes	7:45-8:45 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