

Building Schedule

November 2024

Times subject to change.
Watch for notices.

eliminating racism
empowering women

ywca

Black Hawk County

★ pool

MONDAY

6:30 - 7:45 am	Lap Swim
8:00 - 8:45 am	Water Aerobics - Mindy
9:00 - 9:45 am	Water Aerobics - Mindy
10:00 - 10:45 am	Lap Swim
11:00 - 11:45 am	Open Plunge
3:30 - 4:30 pm	Open Plunge
4:30 - 5:15 pm	Water Aerobics - Gracie
5:30 - 6:30 pm	Youth Swim Lessons

TUESDAY

6:30 - 7:45 am	Lap Swim
8:00 - 8:45 am	Water Aerobics - Camryn
9:00 - 9:45 am	Water Aerobics - Camryn
10:00 - 10:45 am	Lap Swim
11:00 - 11:45 am	Open Plunge
3:30 - 4:30 pm	Open Plunge
4:30 - 5:15 pm	Water Aerobics - Anna

WEDNESDAY

6:30 - 7:45 am	Lap Swim
8:00 - 8:45 am	Water Aerobics - Mindy
9:00 - 9:45 am	Water Aerobics - Mindy
10:00 - 10:45 am	Lap Swim
11:00 - 11:45 am	Open Plunge
3:30 - 4:30 pm	Open Plunge
4:30 - 5:15 pm	Water Aerobics - Gracie
5:30 - 6:30 pm	Youth Swim Lessons

THURSDAY

6:30 - 7:45 am	Lap Swim
8:00 - 8:45 am	Water Aerobics - Camryn
9:00 - 9:45 am	Water Aerobics - Camryn
10:00 - 10:45 am	Lap Swim
11:00 - 11:45 am	Open Plunge
3:30 - 4:30 pm	Open Plunge
4:30 - 5:15 pm	Water Aerobics - Anna
5:30 - 6:15 pm	Adult Swim Lessons

FRIDAY

7:00 - 7:45 am	Lap Swim
8:00 - 8:45 am	Open Plunge
9:00 - 9:45 am	Water Aerobics - Mindy

SATURDAY

8:00 - 8:45 am	Water Aerobics - Camryn
9:00 - 11:00 am	Private Lessons
9:00 - 11:45 am	Youth Swim Lesson

★ gymnasium

MONDAY

9:00 - 10:00 am	Gym Walking
10:00 - 10:45 am	Silver Sneakers
11:00 am - 12:30 pm	Pickleball
12:30 - 1:00 pm	OPEN
1:00 - 2:30 pm	Pickleball
2:30 - 5:00 pm	Open
5:30 - 7:30 pm	Tae Kwon Do
6:00 - 6:45 pm	Zumba*

TUESDAY

9:00 - 10:30 am	Gym Walking
10:30 am - 12:00 pm	Pickleball
12:00 - 1:00 pm	OPEN
1:00 - 2:30 pm	Pickleball Practice
2:30 - 5:00 pm	OPEN
6:00 - 6:45 pm	Yoga*

WEDNESDAY

9:00 - 10:00 am	Gym Walking
10:00 - 10:45 am	Silver Sneakers
11:00 am - 12:30 pm	Pickleball
12:30 - 1:00 pm	OPEN
1:00 - 2:30 pm	Pickleball
2:30 - 5:00 pm	Open
5:30 - 7:30 pm	Tae Kwon Do
6:00 - 6:45 pm	Zumba*

THURSDAY

9:00 - 10:30 am	Gym Walking
10:30 am - 12:00 pm	Pickleball
12:00 - 1:00 pm	OPEN
1:00 - 2:30 pm	Pickleball Practice
2:30 - 5:00 pm	OPEN

FRIDAY

8:00 - 9:00 am	PreK
9:00 - 10:00 am	Gym Walking
10:00 - 10:45 am	Silver Sneakers
11:00 am - 12:30 pm	Pickleball
12:30 - 1:00 pm	PreK
1:00 - 2:30 pm	Pickleball
2:30 - 6:00 pm	OPEN

SATURDAY

8:15 - 9:00 am	Yoga*
9:00 - 9:45 am	Zumba*

★ body shop

MONDAY

6:30 am - 7:00 pm	OPEN
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TUESDAY

6:30 am - 7:00 pm	OPEN
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WEDNESDAY

6:30 am - 7:00 pm	OPEN
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THURSDAY

6:30 am - 7:00 pm	OPEN
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FRIDAY

6:30 am - 4:00 pm	OPEN
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SATURDAY

8:00 am - 12:00 pm	OPEN
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★ Day Passes available:

\$10.00 for ages 18 & up.

\$5.00 for ages 14-17.

\$3.75 for ages 13 & under.

**The YWCA will be
closed for the
Thanksgiving
holiday:
Nov 28-Dec 1**



*See Control Center for class location.