



Warlick Lap Pool @ Warlick Family YMCA  
January 1st - January 31st

2221 Robinwood Road  
Gastonia, NC 28056  
7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim in Lap Pool 5:30am - 3:30pm	Open Swim in Lap Pool 5:30am - 9am	Open Swim in Lap Pool 5:30am - 3:30pm	Open Swim in Lap Pool 5:30am - 9am	Open Swim in Lap Pool 5:30am - 3:30pm		
6am		Masters Swim 6:15am - 7am					
7am						Open Swim 7am - 9am	
9am		AquaBodyStrong Rotation Weekly 9am - 10am		AquaBodyStrong Rotation Weekly 9am - 10am		AquaBodyStrong Rotation Weekly 9am - 10am	
10am		Open Swim 10am - 3:30pm		Open Swim 10am - 2pm		Swim Lessons (Lap Pool) 10:30am - 12pm	
12pm						Open Swim 12pm - 5:30pm	
1pm							Open Swim 1pm - 5:30pm
2pm				Closed for Cleaning 2pm - 3pm			
3pm	High School Swim Team Practice 3:30pm - 6:30pm	High School Swim Team Practice 3:30pm - 6:30pm	High School Swim Team Practice 3:30pm - 6:30pm	High School Swim Team Practice 3:30pm - 6:30pm	High School Swim Team Practice 3:30pm - 6:30pm		
6pm	Open Swim in Lap Pool 6:30pm - 8pm	Open Swim in Lap Pool 6:30pm - 8pm	Open Swim in Lap Pool 6:30pm - 8pm	Masters Swim 6:15pm - 7pm	Open Swim in Lap Pool 6:30pm - 8pm		
8pm	Pool Closes 8pm - 8pm	Pool Closes 8pm - 8pm	Pool Closes 8pm - 8pm	Pool Closes 8pm - 8pm	Pool Closes 8pm - 8pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Warlick Family YMCA

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**AquaBodyStrong** - Supercharge your workout by bringing it to the water! Step onto the AquaBodyStrong's Water Fitness Board and boom your core is engaged. Core Stability + Water = One Fun, Fit Workout. \*\*Please note that Lap Swimming is NOT allowed during this class.

**Closed for Cleaning** - The pool will close for approximately one hour for vacuum.

**High School Swim Team Practice** - One lap lane is available for members at this time.

**Masters Swim** - Masters Swim Club is a blend of fitness and competitive swimming for adults 18 and older. Whether you swim for physical fitness benefits or fun, this workout is for you! Please register at the member services desk.

**Open Swim** - The pool is open for all to enjoy during this time.

**Open Swim in Lap Pool** - The pool is open for all to enjoy at this time. Lap Swimmers have priority over Recreational Swimmers during peak times. Please note that it may be necessary to share lanes.

**Swim Lessons (Lap Pool)** - Advanced Swim Lessons for stroke development, mechanics, and endurance. Limited lap lanes will be available for members at this time.