



Warlick Lap Pool @ Warlick Family YMCA
September 1st - September 30th

2221 Robinwood Road
Gastonia, NC 28056
7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim in Lap Pool 5:30am - 8pm	Open Swim in Lap Pool 5:30am - 9am	Open Swim in Lap Pool 5:30am - 8pm	Open Swim in Lap Pool 5:30am - 9am	Open Swim in Lap Pool 5:30am - 8pm		
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 - 5:30pm	
1pm							Open Swim 1pm - 5:30pm
2pm				Closed for Cleaning 2pm - 3pm			
5pm		Swim Club 5pm - 6pm		Swim Club 5pm - 6pm			
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.

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 Club - A Youth and Teen Swim Club. With a focus on the four competitive strokes, swimmers will improve their technique and build endurance. Swimmers must have a working knowledge of competitive strokes and pass the green level swim test to participate.