



Indoor Pool
Indoor Pool @ Plainview YMCA
August 22nd - August 29th

313 Ennis
Plainview, TX 79072
806-293-8319

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Lap Swim 6am - 7:30am		Lap Swim 6am - 7:30am		Lap Swim 6am - 7:30am		
8am	Water Aerobics 8:30am - 9:30am		Water Aerobics 8:30am - 9:30am		Water Aerobics 8:30am - 9:30am		
11am	Lap Swim 11:30am - 1pm		Lap Swim 11:30am - 1pm		Lap Swim 11:30am - 1pm	Lap Swim 11:30am - 1pm	
2pm						Open Swim 2pm - 4pm	Open Swim 2pm - 4pm
4pm						Private Parties 4:30pm - 6:30pm	Private Parties 4:30pm - 6:30pm
5pm	Water Workout 5pm - 6pm	Lap Swim 5pm - 6pm	Water Workout 5pm - 6pm	Lap Swim 5pm - 6pm			
6pm	Open Swim 6pm - 8pm	Open Swim 6pm - 8pm	Open Swim 6pm - 8pm	Open Swim 6pm - 8pm	Private Parties 6pm - 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.