



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NATATORIUM POOL SCHEDULE

WINTER 2024

January 1–February 17

** Indicates a required fee

Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SilverSplash 8:00–9:00 am Ruth	WATERinMOTION Original 9:30–10:30 am Serena	SilverSplash 8:00–9:00 am Ruth	WATERinMOTION Original 9:00–10:00 am Serena	Deep Water Workout 9:30–10:30 am Ruth	
	Deep Water Workout 9:00–9:45 am Bev		SilverSplash 9:15–10:00 am Susan W.	Deep Water Workout 10:00–10:45 am Susan W.	Deep Water Workout 10:45–11:30 am Susan F.	
	Deep Water Workout 10:00–10:45 am Bev		WATERinMOTION Strength 10:15–11:00 am Serena			
	WATERinMOTION Strength 11:00–11:45 am Serena		**Home School Swim 1:00–2:00pm			
Swim Team						
	High School Swim Team 3:30–5:30 pm	High School Swim Team 3:30–5:30 pm	High School Swim Team 3:30–5:30 pm	High School Swim Team 3:30–5:30 pm	High School Swim Team 3:30–5:30 pm	
	**YMCA Swim Team 5:30–8:00 pm	**YMCA Swim Team 5:30–8:00 pm	**YMCA Swim Team 5:30–8:00 pm	**YMCA Swim Team 5:30–8:00 pm	**YMCA Swim Team 5:30–8:00 pm	
Open Exercise, Open Swim & Family Swim						
Family Swim 1:00–5:00 pm	Open Exercise 5:00–8:00 am	Open Exercise 5:00–8:00 am	Open Exercise 5:00–8:00 am	Open Exercise 5:00–8:00 am	Open Exercise 5:00–8:00 am	Open Exercise 7:00–8:00 am
	Open Swim 12:00–3:30 pm	Open Swim 12:30–3:30 pm	Open Swim 12:00–3:30 pm	Open Swim 12:30–3:30 pm	Open Swim 12:00–3:30 pm	Family Swim 12:00–3:00 pm
	Family Swim 7:30–9:00 pm	Family Swim 7:00–9:00 pm	Family Swim 7:30–9:00 pm	Family Swim 7:00–9:00 pm	Family Swim 7:00–9:00 pm	

The W. Dale Brougner Foundation YMCA

100 Constitution Avenue, Shrewsbury, PA 17361

P 717-235-0446 F 717-227-9005 www.rosesymca.org



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WARM WATER POOL SCHEDULE

WINTER 2024

January 1–February 17

** Indicates a required fee

Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shallow Water Workout 8:00–9:00am Sharon		Shallow Water Workout 8:00–9:00am Sharon	Water Polo 9:00–10:00am <i>3rd Thursday of the Month</i>	Shallow Water Workout 8:00–9:00am Sharon	
Open Exercise, Open Swim & Family Swim						
Family Swim 1:00–5:00pm	Open Exercise 7:00–8:00am	Open Exercise 7:00am–12:00pm	Open Exercise 7:00–8:00am	Open Exercise 7:00–9:00am	Open Exercise 7:00–8:00am	Open Exercise 7:00–9:00am
	Open Swim 9:00am–12:00pm		Open Swim 9:00 am–12:00pm	Open Swim 9:00–10:00am	Open Swim 9:00am–12:00pm	Family Swim 11:00am–12:00pm
	Open Swim 4:00–7:00pm	Open Swim 4:00–7:00pm	Open Swim 4:00–5:00pm	Open Swim 11:00am–12:00pm	Open Swim 4:00–7:00pm	
				Open Swim 4:00–7:00pm		

Classes	
Shallow Water Workout – water workouts that focus on balance and stretching.	Water Polo – No registration required, drop in to play water polo.

Pool Hours of Operation		
Sunday	Monday – Friday	Saturday
1:00 pm–5:00 pm	7:00 am–12:00 pm	7:00 am–12:00 pm
	4:00 pm–7:00 pm	

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