



Southtowns Family YMCA

Main Pool Schedule

INTERIM WEEK December 26th – January 1st, 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim 3L Lap Swim 3L 8:00-2:45pm	Open Swim 2L Lap Swim 4L 5:00-9:00am	Open Swim 2L Lap Swim 4L 5:00-8:00am	Open Swim 2L Lap Swim 4L 5:00-9:00am	Open Swim 2L Lap Swim 4L 5:00-8:00am	Open Swim 2L Lap Swim 4L 5:00-1:00pm	Branch is Closed In Observance Of New Years
	Lap Swim 3L *Aqua-Fit 3L 9:00-10:00am	Lap Swim 3L *Strength & Stretch 3L 8:00-9:00am	Lap Swim 3L *Aqua-Fit 3L 9:00-10:00am	Lap Swim 3L *Strength & Stretch 3L 8:00-9:00am		
	Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am	Lap Swim 3L *Aqua Zumba 3L 9:00-10:00am	Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am	Lap Swim 3L *Aqua Zumba 3L 9:00-10:00am		
	Open Swim 2L Lap Swim 4L 11:00-6:00pm	Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am	Open Swim 2L Lap Swim 4L 11:00-1:00pm	Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am		
		Open Swim 2L Lap Swim 4L 11:00-1:00pm		Open Swim 2L Lap Swim 4L 11:00-6:00pm	Open Swim 2L Lap Swim 4L 11:00-1:00pm	
			*Aqua-Fit 2L Lap Swim 4L 1:00-2:00pm		*Aqua Zumba 2L Lap Swim 4L 1:00-2:00pm	
		Lap Swim 3L *Aqua Zumba 3L 6:00-7:00pm	Open Swim 2L Lap Swim 4L 2:00-8:45pm	Lap Swim 3L *Aqua Zumba 3L 6:00-7:00pm	Open Swim 2L Lap Swim 4L 2:00-8:45pm	
	Open Swim 2L Lap Swim 4L 7:00-8:45pm					
Open Swim 2L Lap Swim 4L 7:00-8:45pm						

***Lane lines will be moved 5 minutes prior to water fitness classes**

Schedule subject to change, registration required for Water Fitness classes & Family Swim sessions.
For more information, please call the Southtowns Branch YMCA at (716) 674-9622.



Southtowns Family YMCA
Zero-Depth Pool Schedule
INTERIM WEEK December 26th – January 1st

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Registrations required for Family Swim

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Swim 9:00-9:45am 11:00-11:45pm 1:00-1:45pm	Family Swim 5:00-7:45pm	Family Swim 5:00-7:45pm	Family Swim 5:00-7:45pm	Family Swim 5:00-7:45pm	CLOSED	CLOSED

**Schedule subject to change, registration required for Family Swim sessions.
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