



Southtowns Family YMCA
Main Pool Schedule
 January 2nd – January 8th, 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 5:00-9:00am | Lap Swim 3L *Aqua Zumba 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 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 *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 | Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am | Open Swim 2L Lap Swim 4L 9:00-10:10am |
| | Open Swim 2L Lap Swim 4L 11:00-6:00pm | Lap Swim 3L *Aqua-Fit 3L LG Course-Tread area 10:00-11:00am | LG Course 2L Open Swim 1L Lap Swim 3L 11:00-4:00pm | Lap Swim 3L *Aqua-Fit 3L LG Course-Tread area 10:00-11:00am | LG Course 2L Open Swim 1L Lap Swim 3L 11:00-4:00pm | |
| | | LG Course 2L Open Swim 1L Lap Swim 3L 11:00-1:00pm | | LG Course 2L Open Swim 1L Lap Swim 3L 11:00-1:00pm | | |
| | Swim Lessons 1L Lap Swim 2L *Aqua Zumba 3L 6:00-7:00pm | *Aqua-Fit 2L LG Course-Tread area Lap Swim 4L 1:00-2:00pm | Open Swim 2L Lap Swim 4L 4:00-6:00pm | *Aqua Zumba 2L LG Course-Tread area Lap Swim 4L 1:00-2:00pm | Open Swim 2L Lap Swim 4L 4:00-8:45pm | Swim Lessons 1L Open Swim 2L Lap Swim 3L 11:00-2:15pm |
| | Swim Lessons 1L Open Swim 2L Lap Swim 3L 7:00-8:00pm | LG Course 2L Open Swim 1L Lap Swim 3L 2:00-4:00pm | Lap Swim 3L *Aqua Zumba 3L 6:00-7:00pm | LG Course 2L Open Swim 1L Lap Swim 3L 2:00-4:00pm | | |
| Open Swim 2L Lap Swim 4L 8:00-8:45pm | Open Swim 2L Lap Swim 4L 4:00-8:45pm Swim Lessons 1L 6:00-8:00pm | Open Swim 2L Lap Swim 4L 7:00-8:45pm | Open Swim 2L Lap Swim 4L 4:00-8:45pm | Open Swim 2L Lap Swim 4L 2:15-4:45pm | | |

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

Lifeguard Instructor Course will be utilizing lap lanes January 4th-7th from 10:00-4:00pm

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
Main Pool Schedule
 January 9th – January 29th, 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 5:00-9:00am | Lap Swim 3L *Aqua Zumba 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 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 *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 | Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am | Open Swim 2L Lap Swim 4L 9:00-10:10am |
| | 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 11:00-6:00pm | Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am | Open Swim 2L Lap Swim 4L 11:00-5:00pm | |
| | Swim Lessons 1L Lap Swim 2L *Aqua Zumba 3L 6:00-7:00pm | Open Swim 2L Lap Swim 4L 11:00-1:00pm | | *Aqua Zumba 2L Lap Swim 4L 1:00-2:00pm | | |
| | Swim Lessons 1L Open Swim 2L Lap Swim 3L 7:00-8:00pm | *Aqua-Fit 2L Lap Swim 4L 1:00-2:00pm | | *Aqua Zumba 2L Lap Swim 4L 1:00-2:00pm | | |
| | Open Swim 2L Lap Swim 4L 8:00-8:45pm | Open Swim 2L Lap Swim 4L 2:00-6:00pm | Lap Swim 3L *Aqua Zumba 3L 6:00-7:00pm | Open Swim 2L Lap Swim 4L 2:00-8:45pm | WSI 2L Open Swim 2L Lap Swim 2L 5:00-8:45pm | Open Swim 2L Lap Swim 4L 2:15-4:45pm |
| Swim Lessons 1L Open Swim 2L Lap Swim 3L 6:00-8:45pm | WSI 2L Open Swim 2L Lap Swim 2L 7:00-8:45pm | | | | | |

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

Water Safety Instructor (WSI) Course will be utilizing 2 lap lanes on Wednesdays from 7-8:45pm & Fridays from 5-8:45pm

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
January 2nd – January 29th

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 | Family Swim 5:00-7:45pm | Family Swim 8:00-8:45am 2:00-2:45pm |

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