



Southtowns Family YMCA
Main Pool Schedule
 May 1st – May 28th, 2022

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Open Swim 2L Lap Swim 4L 7:00-4:45pm	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	Family Swim 2L Open Swim 4L 7:00-8:00am	
	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		Open Swim 3L *Aqua Zumba 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	Family Swim 2L Open Swim 4L 11:00-6:00pm	Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am	Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am	
	Family Swim 2L Open Swim 4L 11:00-6:00pm	Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am	Family Swim 2L Open Swim 4L 11:00-1:00pm		Family Swim 2L Open Swim 4L 11:00-1:00pm	Family Swim 2L Open Swim 4L 11:00-5:30pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 5:30-7:50pm
	Swim Lessons 1L Open Swim 2L *Aqua Zumba 3L 6:00-7:00pm	*Aqua-Fit 2L Open Swim 4L 1:00-2:00pm	*Aqua Zumba 2L Open Swim 4L 1:00-2:00pm		Family Swim 2L Open Swim 4L 2:00-7:00pm	Family Swim 2L Open Swim 4L 2:00-7:00pm	
	Swim Conditioning 1L Family Swim 2L Open Swim 3L 7:00-8:00pm	Family Swim 2L Open Swim 4L 2:00-5:00pm	Swim Lessons 2L Family Swim 2L Open Swim 2L 5:00-7:50pm		Open Swim 3L *Aqua Zumba 3L 6:00-7:00pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 7:00-7:50pm	Family Swim 2L Open Swim 4L 7:50-9:45pm
	Family Swim 2L Open Swim 4L 8:00-9:45pm	Family Swim 2L Open Swim 4L 7:50-9:45pm	Family Swim 2L Open Swim 4L 7:00-9:45pm	Family Swim 2L Open Swim 4L 7:50-9:45pm	Family Swim 2L Open Swim 4L 7:50-9:45pm	Family Swim 2L Open Swim 4L 7:50-9:45pm	

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

Lifeguarding course will be utilizing lap lanes 5/1 from 11:00am-3:00pm, on 5/19 and 5/20 from 5:00pm-9:00pm, 5/21 from 2:00pm-5:00pm, and 5/2 from 11:00am-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.