



Southtowns Family YMCA
Main Pool Schedule
 May 29th – June 25th, 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 4L *Strength & Stretch 2L 8:00-9:00am	Lap Swim 3L *Aqua-Fit 3L 9:00-10:00am	Lap Swim 4L *Strength & Stretch 2L 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	Family Swim 2L Open Swim 4L 11:00-6:00pm	Lap Swim 3L *Aqua Zumba 3L 9:00-10:00am	Lap Swim 3L *Aqua-Fit 3L 10:00-11:00am	Open Swim 3L *Aqua Zumba 3L 8:00-9:00am
	Family Swim 2L Open Swim 4L 11:00-5:30pm	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 11:00-5:30pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 9:00-1:30pm
	Open Swim 3L *Aqua Zumba 3L 5:30-6:30pm	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 6:30-7:00pm	*Aqua-Fit 2L Open Swim 4L 1:00-2:00pm			*Aqua Zumba 2L Open Swim 4L 1:00-2:00pm		
	Swim Conditioning 1L Family Swim 2L Open Swim 3L 7:00-8:00pm	Family Swim 2L Open Swim 4L 2:00-5:00pm	Family Swim 2L Open Swim 4L 2:00-7:00pm	Family Swim 2L Open Swim 4L 2:00-7:00pm	Family Swim 2L Open Swim 4L 2:00-7:00pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 5:30-7:50pm	Family Swim 2L Open Swim 4L 1:30-4:45pm
	Family Swim 2L Open Swim 4L 8:00-9:45pm	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	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 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		

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

Lifeguarding course will be utilizing lap lanes on 6/2 and 6/3 from 5:00pm-9:00pm, 6/4 from 2:00pm-5:00pm, and 6/5 from 11:00am-4:30pm.

Schedule subject to change. For more information, please call the Southtowns Branch YMCA at (716) 674-9622.