



Southtowns Family YMCA  
**Main Pool Schedule**  
 July 31<sup>st</sup> –August 27<sup>th</sup>, 2022

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Open Swim 2L</b> <b>Lap Swim 4L</b> 7:00am-4:45pm	<b>Open Swim 2L</b> <b>Lap Swim 4L</b> 5:00am-9:00am	<b>Open Swim 2L</b> <b>Lap Swim 4L</b> 5:00am-8:00am	<b>Open Swim 2L</b> <b>Lap Swim 4L</b> 5:00am-9:00am	<b>Open Swim 2L</b> <b>Lap Swim 4L</b> 5:00am-8:00am	<b>Open Swim 2L</b> <b>Lap Swim 4L</b> 5:00am-9:30am	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 7:00am-8:00am	
	<b>Lap Swim 3L</b> <b>*Aqua-Fit 3L</b> 9:00am-10:00am	<b>Lap Swim 4L</b> <b>*Strength &amp; Stretch 2L</b> 8:00am-9:00am	<b>Lap Swim 3L</b> <b>*Aqua-Fit 3L</b> 9:00am-10:00am	<b>Lap Swim 4L</b> <b>*Strength &amp; Stretch 2L</b> 8:00am-9:00am	<b>Lap Swim 4L</b> <b>*Strength &amp; Stretch 2L</b> 8:00am-9:00am	<b>Summer Camp 2L</b> <b>Open Swim 4L</b> 9:30am-12:30pm	<b>Open Swim 3L</b> <b>*Aqua Zumba 3L</b> 8:00am-9:00am
	<b>Lap Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am	<b>Lap Swim 3L</b> <b>*Aqua Zumba 3L</b> 9:00am-10:00am	<b>Lap Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am	<b>Lap Swim 3L</b> <b>*Aqua Zumba 3L</b> 9:00am-10:00am	<b>Lap Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am		
	<b>Summer Camp 2L</b> <b>Open Swim 4L</b> 11:00am-12:30pm	<b>Lap Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am	<b>Summer Camp 2L</b> <b>Open Swim 4L</b> 11:00am-12:30pm	<b>Summer Camp 2L</b> <b>Open Swim 4L</b> 11:00am-12:30pm	<b>Lap Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 12:30pm-5:30pm	<b>Swim Lessons 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 9:00am-1:30pm
	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 12:30pm-5:30pm	<b>Summer Camp 2L</b> <b>Open Swim 4L</b> 11:00am-3:00pm			<b>Summer Camp 2L</b> <b>Open Swim 4L</b> 11:00am-3:00pm		
		<b>Open Swim 3L</b> <b>*Aqua Zumba 3L</b> 5:30pm-6:30pm	<b>*Aqua-Fit 2L</b> <b>Open Swim 4L</b> 3:00pm-4:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 12:30pm-6:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 12:30pm-6:00pm		
	<b>Swim Lessons 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 4:00pm-5:45pm		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 4:00pm-6:30pm			<b>Family Swim 2L</b> <b>Open Swim 4L</b> 4:00pm-6:30pm	<b>Swim Lessons 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 5:30pm-8:00pm
	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 6:30pm-9:45pm		<b>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 5:45pm-8:00pm	<b>Open Swim 3L</b> <b>*Aqua Zumba 3L</b> 6:00pm-7:00pm	<b>Open Swim 3L</b> <b>*Aqua Zumba 3L</b> 6:00pm-7:00pm	<b>Swim Lessons 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 6:30pm-8:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 1:30pm-4:45pm
<b>Family Swim 2L</b> <b>Open Swim 4L</b> 8:00pm-9:45pm		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 8:00pm-9:45pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 7:00pm-9:45pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 8:00pm-9:45pm			

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

**\*\*Brandon's, Sara's, and Victoria's Water fitness classes are cancelled the week of 7/31- 8/6**

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