



Southtowns Family YMCA
Main Pool Schedule
 October 30th – December 17th, 2022

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Open Swim 2L Lap Swim 4L 7:00am-4:45pm	Open Swim 2L Lap Swim 4L 5:00am-9:00am	Open Swim 2L Lap Swim 4L 5:00am-8:00am	Open Swim 2L Lap Swim 4L 5:00am-9:00am	Open Swim 2L Lap Swim 4L 5:00am-8:00am	Open Swim 2L Lap Swim 4L 5:00am-9:00am	Family Swim 2L Open Swim 4L 7:00am-8:00am	
	Lap Swim 3L *Aqua-Fit 3L 9:00am-10:00am	Lap Swim 4L *Strength & Stretch 2L 8:00am-9:00am	Lap Swim 3L *Aqua-Fit 3L 9:00am-10:00am	Lap Swim 4L *Strength & Stretch 2L 8:00am-9:00am	Lap Swim 3L *Aqua-Fit 3L 9:00am-10:00am		Open Swim 3L *Aqua Zumba 3L 8:00am-9:00am
	Lap Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Lap Swim 3L *Aqua Zumba 3L 9:00am-10:00am	Lap Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Lap Swim 3L *Aqua Zumba 3L 9:00am-10:00am	Lap Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Swim Lessons 2L Family Swim 2L Open Swim 2L 9:00am-1:30pm	
	Family Swim 2L Open Swim 4L 11:00am-6:00pm	Lap Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Family Swim 2L Open Swim 4L 11:00am-4:15pm	Lap Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Family Swim 2L Open Swim 4L 11:00am-5:00pm		Swim Lessons 1L Family Swim 2L Open Swim 3L 1:30pm-2:30pm
		Family Swim 2L Open Swim 4L 11:00am-11:45am		Swim Lessons 1L Family Swim 2L Open Swim 3L 4:15pm-6:00pm			
		Homeschool Swim 2L Family Swim 2L Open Swim 2L 11:45am-1:00pm	*Aqua-Fit 2L Open Swim 4L 1:00pm-2:00pm	Family Swim 2L Open Swim 4L 11:00am-1:00pm			
	Open Swim 3L *Aqua Zumba 3L 6:00pm-7:00pm	Family Swim 2L Open Swim 4L 2:00pm-5:45pm	Open Swim 3L *Aqua Zumba 3L 6:00pm-7:00pm	Family Swim 2L Open Swim 4L 2:00pm-5:45pm		Swim Lessons 1L Family Swim 2L Open Swim 3L 5:00pm-7:45pm	
	Family Swim 2L Open Swim 4L 7:00pm-9:45pm	Swim Lessons 2L Open Swim 4L 5:45pm-7:45pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 7:00pm-7:45pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 5:45pm-7:00pm	Family Swim 2L Open Swim 4L 2:30pm-4:45pm		
		Family Swim 2L Open Swim 1L Swim Lesson 1L *Dip N Dive SCUBA 2L 7:00pm-9:45pm	Family Swim 2L Open Swim 4L 7:45pm-9:45pm	Family Swim 2L Open Swim 1L Swim Lesson 1L *Dip N Dive SCUBA 2L 7:00pm-9:45pm			Family Swim 2L Open Swim 4L 7:45pm-9:45pm

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

Lifeguard Instructor course will be using lap lanes on 11/2, 11/9, 11/16, 11/30, and 12/7 between 4:00p-7:15p

***Dip 'N Dive SCUBA course will be using lap lanes on 12/1, 12/6, 12/8, and 12/13**

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