



Southtowns Family YMCA  
**Main Pool Schedule**  
 January 1<sup>st</sup> – January 28<sup>th</sup>, 2022

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
<b>Open Swim 2L Lap Swim 4L</b> 7:00am-4:45pm	<b>Open Swim 2L Lap Swim 4L</b> 5:00am-8:00am	<b>Open Swim 2L Lap Swim 4L</b> 5:00am-8:00am	<b>Open Swim 2L Lap Swim 4L</b> 5:00am-9:00am	<b>Open Swim 2L Lap Swim 4L</b> 5:00am-8:00am	<b>Open Swim 2L Lap Swim 4L</b> 5:00am-9:00am	<b>Family Swim 2L Open Swim 4L</b> 7:00am-8:00am				
	<b>Open Swim 4L *Strength &amp; Stretch 2L</b> 8:00am-9:00am	<b>Lap Swim 4L *Strength &amp; Stretch 2L</b> 8:00am-9:00am		<b>Lap Swim 4L *Strength &amp; Stretch 2L</b> 8:00am-9:00am						
	<b>Open Swim 3L *Aqua-Fit 3L</b> 9:00-10:00am	<b>Lap Swim 3L *Aqua Zumba 3L</b> 9:00am-10:00am	<b>Open Swim 3L *Aqua-Fit 3L</b> 9:00-11:00am	<b>Family Swim 2L Open Swim 4L</b> 11:00am-6:00pm	<b>Lap Swim 3L *Aqua-Fit 3L</b> 10:00am-11:00am	<b>Open Swim 3L *Aqua-Fit 3L</b> 9:00-11:00am	<b>Open Swim 3L *Aqua Zumba 3L</b> 8:00am-9:00am			
	<b>Family Swim 2L Open Swim 4L</b> 11:00am-6:00pm	<b>Lap Swim 3L *Aqua-Fit 3L</b> 10:00am-11:00am	<b>Lap Swim 3L *Aqua-Fit 3L</b> 10:00am-11:00am		<b>Family Swim 2L Open Swim 4L</b> 11:00am-1:00pm		<b>Family Swim 2L Open Swim 4L</b> 11:00am-5:00pm	<b>Swim Lessons 2L Family Swim 2L Open Swim 2L</b> 9:00am-2:00pm		
		<b>Family Swim 2L Open Swim 4L</b> 11:00am-11:45am	<b>Family Swim 2L Open Swim 4L</b> 11:00am-11:45am						<b>*Aqua Zumba 2L Open Swim 4L</b> 1:00pm-2:00pm	<b>Swim Lessons 1L Family Swim 2L Open Swim 3L</b> 2:00pm-2:30pm
		<b>Homeschool Swim 2L Family Swim 2L Open Swim 2L</b> 11:45am-1:00pm	<b>Homeschool Swim 2L Family Swim 2L Open Swim 2L</b> 11:45am-1:00pm							
	<b>Open Swim 3L *Aqua Zumba 3L</b> 6:00pm-7:00pm	<b>Family Swim 2L Open Swim 4L</b> 2:00pm-5:15pm	<b>Open Swim 3L *Aqua Zumba 3L</b> 6:00pm-7:00pm	<b>Family Swim 2L Open Swim 4L</b> 7:30pm-9:45pm	<b>Family Swim 2L Open Swim 4L</b> 2:00pm-5:15pm	<b>Swim Lessons 1L Family Swim 2L Open Swim 3L</b> 5:00pm-7:45pm	<b>Family Swim 2L Open Swim 4L</b> 2:30pm-4:45pm			
	<b>Family Swim 2L Open Swim 4L</b> 7:00pm-9:45pm	<b>Swim Lessons 2L Open Swim 4L</b> 5:15pm-7:45pm	<b>Swim Lessons 1L Family Swim 2L Open Swim 3L</b> 7:00pm-7:30pm		<b>Swim Lessons 1L Family Swim 2L Open Swim 3L</b> 5:15pm-7:45pm			<b>Family Swim 2L Open Swim 4L</b> 7:45pm-9:45pm		
		<b>Family Swim 2L Open Swim 4L</b> 7:45pm-9:45pm	<b>Family Swim 2L Open Swim 4L</b> 7:45pm-9:45pm		<b>Family Swim 2L Open Swim 4L</b> 7:45pm-9:45pm					

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

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