



Southtowns Family YMCA  
**Main Pool Schedule**  
 February 26<sup>th</sup> – March 25<sup>th</sup>, 2023

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Family Swim 2L</b> <b>Open Swim 4L</b> 7:00am-10:30am	<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-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-9:00am	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 7:00am-8:00am	
	<b>Open 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>Lap Swim 4L</b> <b>*Strength &amp; Stretch 2L</b> 8:00am-9:00am			
	<b>Open Swim 3L</b> <b>*Aqua-Fit 3L</b> 9:00-10:00am	<b>Lap Swim 3L</b> <b>*Aqua Zumba 3L</b> 9:00am-10:00am		<b>Open Swim 3L</b> <b>*Aqua-Fit 3L</b> 9:00-11:00am			<b>Lap Swim 3L</b> <b>*Aqua Zumba 3L</b> 9:00am-10:00am
<b>Swim Lessons 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 10:30am-1:30pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 10:00am-6:00pm	<b>Lap Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 11:00am-6:00pm	<b>Lap Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 9:00am-5:00pm	<b>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 9:00am-2:00pm	
		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 11:00am-12:15pm		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 11:00am-1:00pm			
		<b>Homeschool Swim 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 12:15pm-1:00pm		<b>*Aqua Zumba 2L</b> <b>Open Swim 4L</b> 1:00pm-2:00pm			
<b>Family Swim 2L</b> <b>Open Swim 4L</b> 1:30pm-4:45pm	<b>Open Swim 3L</b> <b>*Aqua Zumba 3L</b> 6:00pm-7:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-5:00pm	<b>Open Swim 3L</b> <b>*Aqua Zumba 3L</b> 6:00pm-7:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-5:00pm	<b>Swim Lessons 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 5:00pm-7:45pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-4:45pm	
		<b>Swim Lessons 2L</b> <b>Open Swim 4L</b> 5:00pm-8:00pm		<b>Swim Lessons 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 7:00pm-8:00pm			<b>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 5:00pm-8:00pm
		<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> 8:00pm-9:45pm

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

**The Lifeguard course will be utilizing lap lanes on 3/2, 3/9, 3/10, 3/11, and 3/12**

**Dip N' Dive SCUBA will be utilizing lap lanes from 7:15pm-9:45pm on 3/9, 3/16, 3/23, and 3/30**

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