



Southtowns Family YMCA
Main Pool Schedule
 April 30th – May 27th, 2023

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

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

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

- 1. Lifeguard training will be utilizing lap lanes on 5/19, 5/19, 5/20, and 5/21**
- 2. Dip N' Dive SCUBA will be utilizing lap lanes from 7:00pm-9:45pm on 5/11 and 5/18**

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