



Southtowns Family YMCA

Main Pool Schedule

May 28th – June 24th, 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-9:45am	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		
Swim Lessons 1L Family Swim 2L Open Swim 3L 9:45am-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
	Open Swim 3L *Aqua Zumba 3L 5:30pm-6:30pm	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
Family Swim 2L Open Swim 4L 2:30pm-4:45pm		Open Swim 3L *Aqua Zumba 3L 5:30pm-6:30pm	*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
	Swim Lessons 1L Family Swim 2L Open Swim 3L 6:30pm-8:00pm	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-8:15pm	
	Family Swim 2L Open Swim 4L 8:00pm-9:45pm	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 8:15pm-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		

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

1. Lifeguard training will be utilizing lap lanes on 5/31, 6/1, 6/7, 6/8, 6/9, 6/10, 6/11, and 6/14
2. Swim Instructor training will be utilizing lap lanes from 5:00pm-8:00pm on 5/31, 6/7, 6/14, and 6/21
3. Swim Instructor training will be utilizing lap lanes from 10:00am-4:00pm on 6/20-6/23

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



Southtowns Family YMCA Zero-Depth Pool Schedule

May 28th – June 24th, 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swim Lessons 9:00am-12:00pm	Family Swim 9:00am-6:20pm	Family Swim 9:00am-10:15am	Family Swim 9:00am-11:00am	Family Swim 9:00am-2:00pm	Family Swim 9:00am-2:00pm	Swim Lessons 9:00am-2:00pm
		Swim Lessons 10:15am-12:15pm				
		Family Swim 12:15pm-2:00pm	Swim Lessons 11:00am-1:00pm	Family Swim 3:00pm-4:00pm	Family Swim 3:00pm-4:00pm	
Swim Lessons 4:00pm-5:30pm	Swim Lessons 4:00pm-5:00pm					
Family Swim 12:00pm-3:00pm		Family Swim 5:30pm-7:00pm				
Family Swim 6:20pm-7:15pm	Swim Lessons 4:00pm-5:30pm		Family Swim 1:00pm-8:00pm	Swim Lessons 7:00pm-8:00pm	Family Swim 2:00pm-3:00pm	
Family Swim 7:15pm-8:00pm	Family Swim 5:30pm-8:00pm					

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