



Southtowns Family YMCA
Main Pool Schedule
 October 29th – December 16th, 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 9:00am-11:00am	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-Fit 3L 9:00am-11:00am	
Swim Lessons 2L Family Swim 2L Open Swim 2L 9:45am-1:30pm	Family Swim 2L Open Swim 4L 10:00am-9:45pm	Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Family Swim 2L Open Swim 4L 11:00am-6:00pm	Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Family Swim 2L Open Swim 4L 11:00am-5:00pm	Swim Lessons 2L Family Swim 2L Open Swim 2L 9:00am-2:00pm
		Family Swim 2L Open Swim 4L 11:00am-11:30am		Family Swim 2L Open Swim 4L 11:00am-1:00pm		
		Homeschool Swim 1L Family Swim 2L Open Swim 3L 11:30am-1:00pm		*Aqua Zumba 2L Open Swim 4L 1:00pm-2:00pm		
*Aqua-Fit 2L Open Swim 4L 1:00pm-2:00pm		Family Swim 2L Open Swim 4L 2:00pm-4:00pm		Family Swim 2L Open Swim 4L 2:00pm-4:00pm		
Family Swim 2L Open Swim 4L 1:30pm-5:45pm		Family Swim 2L Open Swim 4L 2:00pm-4:00pm	Open Swim 3L *Aqua Zumba 3L 6:00pm-7:00pm	Swim Lessons 2L Family Swim 2L Open Swim 2L 4:00pm-7:30pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 5:00pm-8:15pm	Family Swim 2L Open Swim 4L 2:00pm-7:45pm
		Swim Lessons 1L Family Swim 2L Open Swim 3L 4:00pm-8:00pm	Family Swim 2L Open Swim 4L 7:00pm-9:45pm	Swim Lessons 2L Family Swim 2L Open Swim 2L 7:30pm-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.**

The pool will be closed at 5:00pm on Sunday, November 5th, and December 3rd for staff training.

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