



Southtowns Family YMCA
Main Pool Schedule
 INTERIM WEEK
 November 19th – November 25th, 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-5:45pm	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	Closed in Observance Of Thanksgiving	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 3L *Aqua-Fit 3L 9:00am-11:00am	Open Swim 3L *Aqua-Fit 3L 9:00am-11:00am
	Open Swim 3L *Aqua-Fit 3L 9:00am-11:00am	Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Family Swim 2L Open Swim 4L 11:00am-9:45pm		Family Swim 2L Open Swim 4L 11:00am-9:45pm	Family Swim 2L Open Swim 4L 11:00am-9:45pm
	Family Swim 2L Open Swim 4L 10:00am-9:45pm	Family Swim 2L Open Swim 4L 11:00am-1:00pm			*Aqua-Fit 2L Open Swim 4L 1:00pm-2:00pm	Swim Lessons 2L Family Swim 2L Open Swim 2L 9:00am-7:45pm
Family Swim 2L Open Swim 4L 2:00pm-9:45pm		Family Swim 2L Open Swim 4L 2:00pm-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.