



Southtowns Family YMCA

# Main Pool Schedule

INTERIM WEEK OF MARCH 31<sup>st</sup> – APRIL 6<sup>th</sup>, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>CLOSED IN OBSERVANCE OF EASTER</b>	<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>Open Swim 4L</b> <b>*Strength &amp; Stretch 2L</b> 8:00am-9:00am		<b>Open Swim 4L</b> <b>*Strength &amp; Stretch 2L</b> 8:00am-9:00am			
	<b>Open Swim 3L</b> <b>*Aqua-Fit 3L</b> 9:00am-11:00am	<b>Open 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>Open Swim 3L</b> <b>*Aqua Zumba 3L</b> 9:00am-10:00am	<b>Open Swim 3L</b> <b>*Aqua-Fit 3L</b> 9:00am-11:00am	<b>Open Swim 4L</b> <b>Aqua-Fit 2L</b> 8:00am-9:00am	
	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 11:00am-6:00pm	<b>Open 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>Open 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>LG Training 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-1:00pm		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 11:00am-1:00pm		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 11:00am-1:00pm	
				<b>*Aqua-Fit 2L</b> <b>Open Swim 4L</b> 1:00pm-2:00pm		<b>*Aqua Zumba 2L</b> <b>Open Swim 4L</b> 1:00pm-2:00pm	
	<b>Open Swim 3L</b> <b>*Aqua-Fit 3L</b> 6:00pm-7:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-9:45pm	<b>Open Swim 3L</b> <b>*Aqua Zumba 3L</b> 6:00pm-7:00pm	<b>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 4:00pm-8:00pm	<b>LG Training 2L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 6:00pm-9:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-7:45pm	
	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 7:00pm-9:45pm		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 7:00pm-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> 9:00pm-9:45pm		

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

**Lifeguard training will be using 2 lanes in the pool on 4/5 from 6:00p-9:00p and 4/6 from 9:00a-2:00pm.**

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