



Southtowns Family YMCA
Main Pool Schedule
 March 3rd– May 4th, 2024

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	Open Swim 4L Aqua-Fit 2L 8:00am-9:00am	
Swim Lessons 2L Family Swim 2L Open Swim 2L 9:45am-1:30pm	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-6:00pm	Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Family Swim 2L Open Swim 4L 11:00am-4:00pm		Swim Lessons 2L Family Swim 2L Open Swim 2L 9:00am-1:30pm
		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		Swim Lessons 2L Family Swim 2L Open Swim 2L 4:00pm-8:00pm		Family Swim 2L Open Swim 4L 11:00am-4:00pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 4:00pm-8:15pm
Family Swim 2L Open Swim 4L 1:30pm-5:45pm	Open Swim 3L *Aqua-Fit 3L 6:00pm-7:00pm	Open Swim 3L *Aqua Zumba 3L 6:00pm-7:00pm	Swim Lessons 2L Family Swim 2L Open Swim 2L 4:00pm-8:00pm				
	*Aqua-Fit 2L Open Swim 4L 6:00pm-7:00pm	Lifeguard Course 2L 6:00pm-9:00pm					
	Family Swim 2L Open Swim 4L 7:00pm-9:45pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 4:00pm-8:00pm	Family Swim 2L Open Swim 4L 7:00pm-9:45pm	SCUBA 2L 7:15pm-9:15pm	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					

The pool will be closed at 5:00pm on Sunday, March 3rd and April 7th for staff training.
 LG training will be using 2 lanes in the pool on 3/14, 3/15, 3/21, 3/22 from 5:00p-9:00p and 3/16 & 3/23 from 9:00a-5:00p.
 SCUBA will be using 2 lanes in the pool on 3/7, 3/14, 3/21, & 3/28 from 7:15p-9:15p.
 Schedule subject to change. For more information, please call the Southtowns Branch YMCA at (716) 674-9622.