



Southtowns Family YMCA  
**Main Pool Schedule**  
 May 5<sup>th</sup> – June 29<sup>th</sup>, 2024

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Swim 2L</b> <b>Open Swim 4L</b> 7:00am-9:45am	<b>Open Swim 2L</b> <b>Lap Swim 4L</b> 5:00am-8:00am	<b>Open Swim 2L</b> <b>Lap Swim 2L</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> 9:00am-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> 9:00am-11:00am	
<b>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 9:45am-2:00pm	<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-4:00pm	<b>Swim Lessons 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-11:30am		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 11:00am-1:00pm		
		<b>Homeschool Swim 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 11:30am-1:00pm		<b>*Aqua Zumba 2L</b> <b>Open Swim 4L</b> 1:00pm-2:00pm		
<b>*Aqua-Fit 2L</b> <b>Open Swim 4L</b> 1:00pm-2:00pm		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-4:00pm		<b>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 4:00pm-8:00pm		
<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-4:00pm	<b>Open Swim 3L</b> <b>*Aqua Zumba 3L</b> 6:00pm-7:00pm				
<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-5:45pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 7:00pm-9:45pm	<b>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 4:00pm-8:00pm	<b>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 4:00pm-8:00pm		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 8:00pm-9:45pm	
		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 6:00pm-7:00pm	<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> 8:00pm-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> 2:00pm-7:45pm

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

The pool will be closed at 5:00pm on Sunday May 5<sup>th</sup> and June 2<sup>nd</sup> for staff training.

Lifeguard training will be using 2 lanes in the pool on 5/7, 5/13, 5/14, 5/17, 5/18, 5/19, 5/21, 5/22, 5/24, 5/28, 5/29, 5/31, 6/4, 6/8, and 6/9.

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