



Southtowns Family YMCA  
**Main Pool Schedule**  
 June 23<sup>rd</sup> – August 24<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-9:00am	<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-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>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 9:00am-2:00pm	<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>Open Swim 4L</b> <b>Aqua-Fit 2L</b> 8:00am-9:00am
	<b>Open Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am	<b>Open Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am		<b>Open Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am		
<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 11:00am-12:30pm	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 11:00am-12:30pm	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 11:00am-12:30pm	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 11:00am-12:30pm	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 11:00am-12:30pm	<b>Camp Swim 2L</b> <b>Open Swim 4L</b> 11:00am-12:30pm	<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> 12:30pm-6:00pm	<b>Family Swim 2L</b> <b>Open Swim 3L</b> 12:30pm-1:00pm		<b>Family Swim 2L</b> <b>Open Swim 4L</b> 12:30pm-6:00pm		
<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-5:45pm	<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-5:30pm	<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-4:00pm	<b>Swim Lessons 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 4:00pm-8:00pm	<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>Swim Lessons 2L</b> <b>Family Swim 2L</b> <b>Open Swim 2L</b> 5:30pm-8:00pm <b>Aqua-Fit 3L</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		

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

The pool will be closed at 5:00pm on Sunday July 14<sup>th</sup> and August 4<sup>th</sup> for staff training.

Lifeguard training will be using 2 lanes in the pool on 6/20, 6/21, 6/22, and 6/23.

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