



Southtowns Family YMCA
Main Pool Schedule
 June 23rd – August 24th, 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-9:00am	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		
Swim Lessons 2L Family Swim 2L Open Swim 2L 9:00am-2:00pm	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 9:00am-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
	Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am		Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am		
Family Swim 2L Open Swim 4L 2:00pm-5:45pm	Family Swim 2L Open Swim 4L 11:00am-6pm CAMP SWIM 12:00PM-12:30PM	Family Swim 2L Open Swim 4L 11:00am-1:00pm CAMP SWIM 12:00PM-12:30PM	Family Swim 2L Open Swim 4L 11:00am-6:00pm CAMP SWIM 12:00PM-12:30PM	Family Swim 2L Open Swim 4L 11:00am-1:00pm CAMP SWIM 12:00PM-12:30PM	Family Swim 2L Open Swim 4L 11:00am-4:00pm CAMP SWIM 12:00PM-12:30PM	Swim Lessons 2L Family Swim 2L Open Swim 2L 9:00am-2:00pm
	Open Swim 3L *Aqua-Fit 3L 6:00pm-7:00pm	*Aqua-Fit 2L Open Swim 4L 1:00pm-2:00pm		*Aqua Zumba 2L Open Swim 4L 1:00pm-2:00pm		
Family Swim 2L Open Swim 4L 2:00pm-5:45pm	Open Swim 3L *Aqua-Fit 3L 6:00pm-7:00pm	Family Swim 2L Open Swim 4L 2:00pm-5:30pm	Open Swim 3L *Aqua Zumba 3L 6:00pm-7:00pm	Family Swim 2L Open Swim 4L 2:00pm-4:00pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 4:00pm-8:00pm	Family Swim 2L Open Swim 4L 2:00pm-7:45pm
	Family Swim 2L Open Swim 4L 7:00pm-9:45pm	Swim Lessons 2L Family Swim 2L Open Swim 2L 5:30pm-8:00pm Aqua-Fit 3L 6:00pm-7:00pm		Family Swim 2L Open Swim 4L 7:00pm-9:45pm		
	Family Swim 2L Open Swim 4L 7:00pm-9:45pm	Family Swim 2L Open Swim 4L 8:00pm-9:45pm		Family Swim 2L Open Swim 4L 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 14th and August 4th for staff training.

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