



# Southtowns Family YMCA

## Main Pool Schedule

March 1<sup>st</sup> - May 2<sup>nd</sup>, 2026

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-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-8:00am	<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>*AFAP Arthritis 2L</b> 8:00am-9:00am	<b>Open Swim 4L</b> <b>*Aqua-Fit 2L</b> 8:00am-9:00am	<b>Open Swim 4L</b> <b>*Aqua-Fit 2L</b> 8:00am-9:00am	<b>Open Swim 4L</b> <b>*Aqua-Fit 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- Zumba 3L</b> 9:00am-10:00am	<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 Tabata 2L</b> 8:00am-9:00pm
	<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>Open Swim 3L</b> <b>*Aqua-Fit 3L</b> 10:00am-11:00am		
<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-5:45pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 11:00am-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>Family Swim 2L</b> <b>Open Swim 4L</b> 11:00am-4:00pm	<b>Swim Lessons 1L</b> <b>Family Swim 2L</b> <b>Open Swim 3L</b> 9:00am-2:00pm
	<b>Open Swim 4L</b> <b>*Aqua-Tabata 2L</b> 1:00pm-2:00pm	<b>Open Swim 4L</b> <b>*Aqua-Zumba 2L</b> 1:00pm-2:00pm	<b>Open Swim 4L</b> <b>*Silver Sneakers Splash 2L</b> 1:00pm-2:00pm	<b>Open Swim 4L</b> <b>*Aqua Zumba 2L</b> 1:00pm-2:00pm		
	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-6:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-6:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-4:00pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-6:00pm	<b>Open Swim 3L</b> <b>Swim Lessons 1L</b> <b>Family Swim 2L</b> 4:00pm-8:00pm	
	<b>Open Swim 2L</b> <b>Swim Lessons 1L</b> <b>*Aqua-Fit 3L</b> 6:00pm-7:00pm		<b>Open Swim 3L</b> <b>Swim Lessons 1L</b> <b>Family Swim 2L</b> 4:00pm-3:00pm			
	<b>Open Swim 2L</b> <b>Swim Lessons 1L</b> <b>*Aqua-Tabata 3L</b> 7:00pm-8:00pm	<b>Open Swim 2L</b> <b>*Aqua-Fit 3L</b> 6:00pm-7:00pm	<b>Open Swim 2L</b> <b>*Aqua Zumba 3L</b> 6:00pm-7:00pm	<b>Open Swim 2L</b> <b>*Aqua-Tabata 3L</b> 6:00pm-7:00pm	<b>Open Swim 4L</b> <b>Family Swim 2L</b> 8:00pm-9:45pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 2:00pm-7:45pm
<b>Family Swim 2L</b> <b>Open Swim 4L</b> 8:00pm-9:45pm	<b>Family Swim 2L</b> <b>Open Swim 4L</b> 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			

- \*Lane lines will be moved 5 minutes prior to water fitness classes.
- \*Aquatic Center will close at 4:45PM on 3/1 and 4/5 monthly staff training.

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



# Southtowns Family YMCA Zero-Depth Pool Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

March 1<sup>st</sup> – May 2<sup>nd</sup>, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Swim Lessons</b> 9:00am-2:00pm	<b>Family Swim</b> 9:00am-4:00pm	<b>Family Swim</b> 9:00am-8:00pm	<b>Family Swim</b> 9:00am-4:00pm	<b>Family Swim</b> 9:00am-8:00pm	<b>Family Swim</b> 9:00am-4:00pm	<b>Swim Lessons</b> 9:00am-2:00pm
						<b>Family Swim</b> 2:00pm-3:00pm
<b>Family Swim</b> 2:00pm-3:00pm	<b>Family Swim</b> <b>Swim Lessons</b> 4:00pm-8:00pm		<b>Family Swim</b> <b>Swim Lessons</b> 4:00pm-8:00pm		<b>Family Swim</b> <b>Swim Lessons</b> 4:00pm-8:00pm	<b>Birthday Party</b> 3:00pm-4:00pm
						<b>Family Swim</b> 4:00pm-5:00pm

Swimming is permitted in unoccupied swim lesson areas of the Zero-Depth pool during swim lesson programming.

Aquatic Center will close at 4:45PM on 3/1 and 4/5 monthly staff training.

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