



# Southtowns Family YMCA Zero-Depth Pool Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

December 22<sup>nd</sup>, 2024 – December 28<sup>th</sup>, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Swim</b> 9:00pm-3:00pm	<b>Family Swim</b> 9:00am-8:00pm	<b>Family Swim</b> 9:00am-11:45am	<b>CLOSED</b>	<b>Family Swim</b> 9:00am-8:00pm	<b>Family Swim</b> 9:00am-8:00pm	<b>Family Swim</b> 9:00pm-3:00pm
						<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.  
Lifeguarding classes are taking place December 27<sup>th</sup>-29<sup>th</sup>, and January 4<sup>th</sup>-5<sup>th</sup>.

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



Southtowns Family YMCA  
**Main Pool Schedule**  
 December 22<sup>nd</sup>-December 28<sup>th</sup> 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	CLOSED ALL DAY	Open Swim 2L Lap Swim 4L 5:00am-8:00am	Open Swim 2L Lap Swim 4L 5:00am-8:00am	Family Swim 2L Open Swim 4L 7:00am-8:00am	
Family Swim 2L Open Swim 4L 9:00am-5:45pm	Open Swim 4L *Strength & Stretch 2L 8:00am-9:00am	Family Swim 2L Open Swim 4L 8:00am-11:45am		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 4L Aqua-Fit 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 9:00am-11:00am		
	Family Swim 2L Open Swim 4L 11:00am-2:00pm			Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am		
	Open Swim 4L *Aqua-Tabata 2L 1:00pm-2:00pm	CLOSING EARLY AT 11:45AM		Family Swim 2L Open Swim 4L 11:00am-1:00pm	Family Swim 2L Open Swim 4L 11:00am-1:00pm	Family Swim 2L Open Swim 4L 11:00am-9:45pm	Family Swim 2L Open Swim 4L 9:00am-7:45pm
	Family Swim 2L Open Swim 4L 2:00PM-6:00PM			Open Swim 4L *Aqua Zumba 2L 1:00pm-2:00pm	Open Swim 4L *Aqua Zumba 2L 1:00pm-2:00pm		
	Open Swim 3L *Aqua-Fit 3L 6:00pm-7:00pm	Family Swim 2L Open Swim 4L 2:00pm-4:00pm		Family Swim 2L Open Swim 4L 2:00pm-4:00pm			
	Open Swim 2L *Aqua-Zumba 3L 7:00pm-8:00pm	Family Swim 2L Open Swim 2L 4:00pm-6:00pm		Family Swim 2L Open Swim 2L 4:00pm-6:00pm			
	Family Swim 2L Open Swim 4L 8:00pm-9:45pm	Open Swim 2L *Aqua-Zumba 3L 6:00pm-7:00pm		Open Swim 2L *Aqua-Zumba 3L 6:00pm-7:00pm			
		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.

\*Lifeguarding classes are taking place December 27<sup>th</sup>-29<sup>th</sup>, and January 4<sup>th</sup>-5<sup>th</sup>.

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

December 29<sup>th</sup>, 2024 - January 4<sup>th</sup>, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Swim 9:00pm-3:00pm	Family Swim 9:00am-8:00pm	Family Swim 9:00am-2:45pm	Family Swim 9:00am-1:45pm	Family Swim 9:00am-8:00pm	Family Swim 9:00am-8:00pm	Family Swim 9:00pm-3:00pm
						Birthday Party 3:00pm-4:00pm
						Family Swim 4:00pm-5:00pm

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# Southtowns Family YMCA

## Main Pool Schedule

December 29<sup>th</sup> - January 4<sup>th</sup> 2025

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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	Family Swim 2L Open Swim 4L 9:00am-1:45pm	Open Swim 2L Lap Swim 4L 5:00am-8:00am	Open Swim 2L Lap Swim 4L 5:00am-8:00am	Family Swim 2L Open Swim 4L 7:00am-8:00am		
Family Swim 2L Open Swim 4L 9:00am-5:45pm	Open Swim 4L *Strength & Stretch 2L 8:00am-9:00am	Family Swim 2L Open Swim 4L 8:00am-2:45pm		CLOSING EARLY AT 1:45PM	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 8:00am-9:00am
	Open Swim 3L *Aqua-Fit 3L 9:00am-11:00am		Family Swim 2L Open Swim 4L 11:00am-1:00pm		Open Swim 3L *Aqua Zumba 3L 9:00am-10:00am	Open Swim 3L *Aqua-Fit 3L 9:00am-11:00am	Open Swim 3L *Aqua-Fit 3L 9:00am-11:00am	
	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 11:00am-1:00pm	Family Swim 2L Open Swim 4L 11:00am-9:45pm	CLOSING EARLY AT 2:45PM	CLOSING EARLY AT 1:45PM	Open Swim 4L *Aqua Zumba 2L 1:00pm-2:00pm	Family Swim 2L Open Swim 4L 11:00am-9:45pm	Family Swim 2L Open Swim 4L 9:00am-7:45pm	
	Open Swim 4L *Aqua-Tabata 2L 1:00pm-2:00pm				Open Swim 4L *Aqua Zumba 2L 1:00pm-2:00pm			
	Family Swim 2L Open Swim 4L 2:00PM-6:00PM				Family Swim 2L Open Swim 4L 2:00pm-4:00pm			
	Open Swim 3L *Aqua-Fit 3L 6:00pm-7:00pm				Family Swim 2L Open Swim 2L 4:00pm-6:00pm			
	Open Swim 2L *Aqua-Zumba 3L 7:00pm-8:00pm				Open Swim 2L *Aqua-Zumba 3L 6:00pm-7:00pm			
Family Swim 2L Open Swim 4L 8:00pm-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.

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