



Southtowns Family YMCA
Main Pool Schedule
 January 5th – March 1st, 2025

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Family Swim 2L Open Swim 4L 7:00am-8:00am	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-8:00am	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 7:00am-8:00am	
Open Swim 4L *Aqua Zumba 2L 8:00am-9:00pm	Open Swim 4L *Strength & Stretch 2L 8:00am-9:00am	Open Swim 4L *Strength & Stretch 2L 8:00am-9:00am	Open Swim 4L *Aqua-Fit 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	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- Zumba 3L 9:00am-10:00am	Open Swim 3L *Aqua-Fit 3L 10:00am-11:00am	Open Swim 3L *Aqua Zumba 3L 9:00am-10:00am		Open Swim 3L *Aqua-Fit 3L 9:00am-11:00am
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-Fit 3L 10:00am-11:00am	Open Swim 3L *Aqua-Zumba 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	Open Swim 4L Aqua-Fit 2L 8:00am-9:00am	
	Family Swim 2L Open Swim 4L 11:00am-2:00pm	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-1:00pm	Family Swim 2L Open Swim 4L 11:00am-1:00pm		Family Swim 2L Open Swim 4L 11:00am-4:00pm
Family Swim 2L Open Swim 4L 2:00am-5:45pm	Open Swim 4L *Aqua-Tabata 2L 1:00pm-2:00pm	Open Swim 4L *Aqua-Zumba 2L 1:00pm-2:00pm	Open Swim 4L *Silver Sneakers Splash 2L 1:00pm-2:00pm	Open Swim 4L *Aqua Zumba 2L 1:00pm-2:00pm	Open Swim 4L *Aqua Zumba 2L 1:00pm-2:00pm	Swim Lessons 1L Family Swim 2L Open Swim 3L 9:00am-12:00pm	
	Family Swim 2L Open Swim 4L 2:00PM-6:00PM	Family Swim 2L Open Swim 4L 2:00pm-6:00pm	Family Swim 2L Open Swim 4L 2:00PM-6:00PM	Family Swim 2L Open Swim 4L 2:00pm-4:00pm	Family Swim 2L Open Swim 4L 2:00pm-4:00pm		Open Swim 3L Swim Lessons 1L Family Swim 2L 4:00pm-8:00pm
	Open Swim 3L *Aqua-Fit 3L 6:00pm-7:00pm	Open Swim 2L Swim Lessons 1L *Aqua-Fit 3L 6:00pm-7:00pm	Open Swim 3L *Aqua Zumba 3L 6:00pm-7:00pm	Family Swim 2L Open Swim 2L Swim Lessons 2L 4:00pm-6:00pm	Family Swim 2L Open Swim 2L Swim Lessons 2L 4:00pm-6:00pm	Open Swim 4L Family Swim 2L 8:00pm-9:45pm	
	Open Swim 2L Swim Lessons 1L *Aqua-Zumba 3L 7:00pm-8:00pm			Open Swim 2L Swim Lessons 1L *Aqua-Tabata 3L 6:00pm-7:00pm	Open Swim 2L Swim Lessons 1L *Aqua-Tabata 3L 6:00pm-7:00pm		
	Family Swim 2L Open Swim 4L 8:00pm-9:45pm	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 7:00pm-9:45pm	Family Swim 2L Open Swim 4L 8:00pm-9:45pm		Family Swim 2L Open Swim 4L 12:00pm-7:45pm

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

*AFAP Arthritis will use 3 lanes on 1/10, 1/24, and 2/7.

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



Southtowns Family YMCA Zero-Depth Pool Schedule

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FOR SOCIAL RESPONSIBILITY

January 5th - March 1st, 2025

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

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

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