



We build strong kids, strong families, strong communities.

South YMCA Pool Schedule (June 9-August 31)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Masters 5:30 - 7:00AM		Masters 5:30 - 7:00AM		Masters 5:30 - 7:00AM	Closed	Closed
7:00am	Adult Lap Swim 7:00 - 8:15AM	Adult Lap Swim 7:00 - 8:30AM	Adult Lap Swim 7:00 - 8:15AM	Adult Lap Swim 7:00 - 8:30AM	Adult Lap Swim 7:00 - 8:00AM	Adult Lap Swim 7:30 - 9:00AM	
8:15am	Aqua Aeobics 8:15-9:15AM	Aqua Aeobics 8:15-9:15AM	Aqua Aeobics 8:15-9:15AM	Aqua Aeobics 8:15-9:15AM	Aqua Aeobics 8:15-9:15AM		
9:15am	Swim Lesson 9:15-10:30AM	Open Swim 9:15-1:00pm	Swim Lesson 9:15-10:30AM	Open Swim 9:15-1:00pm	Arthrons 9- 10:00AM	Swim Lessons 9:00-11am	Closed
10:30am	Arthrons 10:30-11:30AM		Arthrons 10:30-11:30AM		Open Swim 10:00-4:00pm		
11:30am	Open Swim 11:30-1:00PM						
1:10pm	Day Camp 1:00-2:00pm	Day Camp 1:00-2:00pm	Open Swim 11:30-4:00PM	Day Camp 1:00-2:00pm	Day Camp 1:00-2:00	Open Swim 11:00 - 4:30PM	Open Swim 1:00 - 4:30PM
2:00pm		Arthrons 2:05-3:05pm		Arthrons 2:05 - 3:05PM	Open Swim 2:00-3:00pm		
3:00pm	Open Swim 2:00-3:00pm	Day Camp 3:05-4:00pm	Day Camp 3:00-4:00pm	Day Camp 3:05-4:00pm	Day Camp 3:00-4:00pm		
4:00pm	Swim Team 4:00-6:00pm	Swim Team 4:00-5:30pm	Swim Team 4:00-6:00pm	Swim Team 4:00-5:30pm	Swim Team 4:00-6:00pm	Closed	Closed
5:00pm		Swim Lessons 5:30-7:00pm		Swim Lessons 5:30-7:00pm			
6:30pm		Aqua Jog 7:00-8:00PM		Aqua Jog 7:00-8:00PM			
7:30pm	Open Swim 6:00-9:30pm	Open swim 8:00 - 9:30PM	Open Swim 6:00-9:30pm	Open swim 8:00 - 9:30PM	Open Swim 6:00-9:30pm		
8:00pm							

NOTE: There are NO Lap Lanes available during Swim Team and Aqua Jog pool times or other designated times. There is ONE Lap Lane available during aerobics and Open Swim.



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Revised 05/21/2008