



Southtowns Family YMCA
MAIN POOL SCHEDULE
 Winter Session (Jan. 2, 2012 - Feb. 26, 2012)

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lap Swim 5 L Water Walking 1 L 5:30-7:30am	Lap Swim 5 L Water Walking 1 L 5:30-7:30am	Lap Swim 5 L Water Walking 1 L 5:30-7:30am	Lap Swim 5 L Water Walking 1 L 5:30-7:30am	Lap Swim 5 L Water Walking 1 L 5:30-7:30am	Lap Swim 5 L Water Walking 1 L 7:00-8:00am
	Lap Swim 4 L Water Walking 2 L 7:30 – 8:00am	Lap Swim 4 L Water Walking 2 L 7:30 – 8:00am	Lap Swim 4 L Water Walking 2 L 7:30 – 8:00am	Lap Swim 4 L Water Walking 2 L 7:30 – 8:00am	Lap Swim 4 L Water Walking 2 L 7:30 – 8:00am	
Lap Swim 3/4 L Water Walking 2 L 8:00 am-11:00 am	Lap Swim 3 L Silver Splash 8:00-9:00 am	Lap Swim 4 L Strength and Stretch 7:30-8:30 am	Lap Swim 3 L Silver Splash 8:00-9:00 am	Lap Swim 4 L Strength and Stretch 7:30-8:30 am	Lap Swim 3 L Silver Splash 8:00-9:00 am	Lap Swim 4 L Strength and Stretch 8:00-9:00 am
	Lap Swim 3 L Aqua- Fit II 9:00-10:00 am	Lap Swim 3 L Aqua- Fit II 9:00-10:00 am	Lap Swim 3 L Aqua- Fit II 9:00-10:00 am	Lap Swim 3 L Aqua- Fit II 9:00-10:00 am	Lap Swim 3 L Aqua- Fit II 9:00-10:00 am	Lap Swim 3/4L Aqua-Fit 9:00-10:00 am
	Lap Swim 3/4L Aqua-Fit 10:00-11:00 am	Lap Swim 3/4L Aqua-Fit 10:00-11:00 am	Lap Swim 3/4L Aqua-Fit 10:00-11:00 am	Lap Swim 3/4L Aqua-Fit 10:00-11:00 am	Lap Swim 3/4L Aqua-Fit 10:00-11:00 am	Lap Swim 3/4 L Swimming Lessons 10:00 am-2:30 pm
Lap Swim 4 L Open Swim 2 L 11:00 am-3:00 pm	Lap Swim 4 L Open Swim 2 L 11:00 am-1:00 pm	Lap Swim 3/4L Aqua Mix 11:00 am-12:00 pm	Lap Swim 4 L Open Swim 2 L 11:00 am-1:00 pm	Lap Swim 3/4L Aqua Mix 11:00 am-12:00 pm	Lap Swim 4 L Open Swim 2 L 11:00 am-1:00 pm	
	Lap Swim 3/4L Aqua Fit 1:00-2:00pm	Lap Swim 4 L Open Swim 12:00-1:00 pm		Lap Swim 3 L <u>HOMESCHOOL 3 L</u> 12:00-1:00 pm		
	Lap Swim 4 L S & S 2:00-3:00 pm	Lap Swim 3/4L Aqua Fit 1:00-2:00pm	Lap Swim 3/4L Aqua Fit 1:00-2:00pm	Lap Swim 3/4L Aqua Fit 1:00-2:00pm	Lap Swim 3/4L Aqua Fit 1:00-2:00pm	Lap Swim 4 L Open Swim 2:00-6:45 pm
Lap Swim 4 L Pool Rental/Open Swim 3:00 pm-6:00pm	Lap Swim 4 L Open Swim Swim Lessons 3:00-6:00 pm	Lap Swim 4 L Open Swim Swim Lessons 3:00-6:00 pm	Lap Swim 4 L Open Swim Swim Lessons 3:00-6:00 pm	Lap Swim 4 L Open Swim Swim Lessons 3:00-6:00 pm	Lap Swim 4 L Open Swim Swim Lessons 3:00-6:00 pm	Lap Swim 4 L Pool Rental/Open Swim 3:00-7:00pm
	Lap Swim 3/4L Aqua-Fit II 6:00-7:00 pm	Lap Swim 4 L Strength and Stretch 6:00- 7:00 pm	Lap Swim 3/4L Aqua-Fit II 6:00-7:00 pm	Lap Swim 3/4L Strength and Stretch 6:00- 7:00 pm	Lap Swim 3/4L Aqua-Fit II 6:00-7:00 pm	
Lap Swim 2 L Open Swim 1 L Synchronized Swim 3 L 5:45pm-6:45pm	Lap Swim 4 L Swimming Lessons 7:00-8:30 pm	Lap Swim 4 L Swimming Lessons 7:00-8:30 pm	Lap Swim 4 L Swimming Lessons 7:00-8:30 pm	Lap Swim 4 L Swimming Lessons 7:00-8:30 pm	Lap Swim 4 L Swimming Lessons 7:00-8:30 pm	Lap Swim 4 L Open Swim 7:00-7:45pm
	Lap Swim 4 L Open Swim 7:45-10:15 pm	Lap Swim 4 L Open Swim 7:45-10:15 pm	Lap Swim 4 L Open Swim 7:45-10:15 pm	Lap Swim 4 L Open Swim 7:45-10:15 pm	Lap Swim 4 L Open Swim 7:45-10:15 pm	

▶ L = THE NUMBER OF LAP LANES DEDICATED TO EACH PROGRAM ◀