



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Southside YMCA Lap Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 5:00 am	Pool Opens at 8:00 am	
5:00 am-8:30 am	Lap Swim Open Swim	Lap Swim Sw. Lessons	Lap Swim Open Swim	Lap Swim Sw. Lessons	Lap Swim Open Swim	Lap Swim Sw. Lessons	
8:30 am-10:00 am	Lap Swim Open Swim	Lap Swim Sw. Lessons	Lap Swim Open Swim	Lap Swim Sw. Lessons	Lap Swim Open Swim	Lap Swim Sw. Lessons	
10:00 am-11:00 am	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Aqua Fit Aqua Fit	Lap Swim Open Swim	
11:00 am-12:15 pm	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Pool Opens at 1:00 pm
12:15 pm-3:00 pm	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Pool Closes at 2:30 pm	Lap Swim Open Swim
3:00 pm-4:00 pm	Lap Swim Open Swim	Pool Closed for Cleaning	Lap Swim Open Swim	Pool Closed for Cleaning	Lap Swim Open Swim		Lap Swim Open Swim
4:00pm-5:00pm	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Sw. Lessons		Pool Closes at 4:30 pm
5:00pm-6:00pm	Lap Swim Sw. Lessons	Lap Swim Open Swim	Lap Swim Sw. Lessons	Lap Swim Open Swim	Lap Swim Open Swim		
6:00pm-7:00pm	Aqua Fit Aqua Fit	Lap Swim Open Swim	Aqua Fit Aqua Fit	Lap Swim Open Swim	Pool Closes at 6:30 pm		
7:00 pm – 7:30 pm	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim			
7:30pm-8:30pm	Lap Swim Sw. Lessons	Lap Swim Open Swim	Lap Swim Sw. Lessons	Lap Swim Open Swim			
	Pool Closes at 8:30 pm	Pool Closes at 8:30 pm	Pool Closes at 8:30 pm	Pool Closes at 8:30 pm			

No swimming during Aqua Fit classes

Southside YMCA
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September – October 2018