



Pool Schedule 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Southwest Family YMCA - Effective June 1st

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:30am	Closed	Closed	Closed	Closed	Closed	Closed
6:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed
7:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed
8:00am	Aquacise	Lap Swim	Aquacise	Lap Swim	Aquacise	Lap Swim
9:00am	Lap Swim	Aquacise	Lap Swim	Aquacise	Lap Swim	Swim Lessons Lap Swim(2)
10:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons Lap Swim (2)
11:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons Lap Swim (2)
12:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00pm	Aquacise Lap Swim (2)	Open Lap Swim (3)	Aquacise Lap Swim (2)	Open Lap Swim (3)	Aquacise Lap Swim (2)	Open Lap Swim (2) 1pm - 1:45 pm
2:00pm	Open Camp Swim Lap Swim (3)	Open Camp Swim Lap Swim (3)	Open Camp Swim Lap Swim (3)	Open Camp Swim Lap Swim (3)	Open Lap Swim (3)	Closed
3:00pm	Open Camp swim Lap Swim (3)	Open Camp Swim Lap Swim (3)	Open Camp Swim Lap Swim (3)	Open Camp Swim Lap Swim (3)	Open Lap Swim (3)	Y CLOSED
4:00pm	Open Lap Swim (3)	Swim Lessons Lap Swim (2)	Open Lap Swim (3)	Swim Lessons Lap Swim (2)	Open Lap Swim (3)	Special Events
5:00pm	Open Lap Swim (3)	Swim Lessons 5 - 5:45pm Lap (2)	Open Lap Swim (3)	Swim Lessons 5 - 5:45pm Lap (2)	Open Lap Swim (3)	Pool Closes at 7:45pm Mon-Fri
6:00pm	Open Lap Swim (3)	Lap Swim (3) 6:30 pm Aquacise 6:30 - 7:15pm	Open Lap Swim (3)	Open Lap Swim (3)	Open Lap Swim (3)	
7:00pm	Open Lap Swim (3)	Aquacise 6:30 - 7:15pm Lap Swim (3)	Open Lap Swim (3)	Open Lap Swim (3)	Open Lap Swim (3)	