



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIMMING

## Southeast YMCA Winter Pool Schedule

\*All classes are shallow unless denoted with word "Deep"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap</b> 5:30-7:50	<b>Lap</b> 5:30-7:50	<b>Lap</b> 5:30-7:50	<b>Lap</b> 5:30-7:50	<b>Lap</b> 5:30-7:50	Branch opens at 7am	Branch opens at 11am
<b>Aqua Fitness</b> 8:00-8:50	<b>Aqua Fitness</b> 8:00-8:50	<b>Aqua Fitness</b> 8:00-8:50	<b>Aqua Fitness</b> 8:00-8:50	<b>Aqua Fitness</b> 8:00-8:50	<b>Lap</b> 7:00-7:50	Sign Up for Group and Private Swim Lessons at the Front Desk!
<b>Aqua Interval</b> 9:00-9:50	<b>Aqua Zumba</b> 9:00-9:50	<b>Aqua Fitness</b> 9:00-9:50	<b>Aqua Zumba</b> 9:00-9:50	<b>Aqua Fitness</b> 9:00-9:50	<b>Aqua Fitness</b> 8:00-8:50	
<b>Deep H2O</b> 9:00-9:50	<b>Deep Family Swim</b> 9:00-9:50	<b>Deep H2O</b> 9:00-9:50	<b>Deep Family Swim</b> 9:00-9:50	<b>Deep H2O</b> 9:00-9:50	<b>Aqua Fitness</b> 9:00-9:50	
<b>Family Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 10:00-11:50	<b>Swim Lessons &amp; Lap Swim</b> (2 lanes) 10:00-11:50	<b>Family Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 10:00-11:50	<b>Swim Lessons &amp; Lap Swim</b> (2 lanes) 10:00-11:50	<b>Family Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 10:00-11:50	<b>Swim Lessons &amp; Lap Swim</b> (1 lane) 9:50-12:30	<b>Family Swim</b>  <b>Lap Swim</b> (2 lanes)  <b>SLIDE</b> 2:00-5:00 Ages 5 & Up  11:00-5:20 <b>Aqua Fitness</b> 5:30-6:20 <b>Adult Deep Swim</b> 5:30-6:45
<b>Lap Swim</b> 12:00-12:50	<b>Lap Swim</b> 12:00-12:50	<b>Lap Swim</b> 12:00-12:50	<b>Lap Swim</b> 12:00-12:50	<b>Lap Swim</b> 12:00-12:50		
<b>Aqua Fitness</b> 1:00-1:50	<b>Aqua Fitness</b> 1:00-1:50	<b>Aqua Fitness</b> 1:00-1:50	<b>Aqua Fitness</b> 1:00-1:50	<b>Family Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 1:00-4:20	<b>Family Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 2:00-4:20	
<b>Deep Adult Swim</b> 1:00-1:50	<b>Deep Adult Swim</b> 1:00-1:50	<b>Deep Adult Swim</b> 1:00-1:50	<b>Deep Adult Swim</b> 1:00-1:50			
<b>Family Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 2:00-4:20	<b>Family Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 2:00-4:20	<b>Family Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 2:00-4:20	<b>Family Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 2:00-4:20	<b>Lap Swim</b> 4:30-5:20	<b>SLIDE</b> 2:00-5:00 Ages 5 & Up	
<b>Lap Swim</b> 4:30-5:20	<b>Lap Swim</b> 4:30-5:20	<b>Lap Swim</b> 4:30-5:20	<b>Lap Swim</b> 4:30-5:20			
<b>Open Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 5:30-6:20	<b>Swim Lessons &amp; Lap Swim</b> (1 lane) 5:30-7:20	<b>Open Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 5:30-6:00	<b>Swim Lessons &amp; Lap Swim</b> (1 lane) 5:30-7:20	<b>BASIC Aqua Fitness</b> 5:30-6:00pm		
<b>Aqua Zumba</b> 6:30-7:20		<b>BASIC Aqua Fitness</b> 6:00-6:30		<b>Aqua Fitness</b> 6:00-6:50		
<b>Deep H2O</b> 6:30-7:20		<b>Aqua Zumba</b> 6:30-7:20		<b>Deep Family Swim &amp; Lap Swim</b> (1 lane) 5:30-6:50	12:30-6:45	
<b>Open Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 7:30-9:45	<b>Aqua Energy</b> 7:30-8:20	<b>Deep Family Swim &amp; Lap Swim</b> (1 lane) 6:00-7:20	<b>Aqua Fitness</b> 7:30-8:20	<b>Open Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 7:00-9:45	<b>Pool Deck Tips:</b>	
	<b>Deep Family Swim &amp; Lap Swim</b> (1 lane) 7:30-8:20		<b>Deep Family Swim &amp; Lap Swim</b> (1 lane) 7:30-8:20		*Sauna is for 16 & Up only	
	<b>Open Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 8:30-9:45	<b>Open Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 8:30-9:45	<b>Open Swim</b> (3 lanes) <b>Lap Swim</b> (2 lanes) 8:30-9:45		*Deck Equipment is available for swim lessons & lap swim	
					*Swimwear policy on back of page	

### Family Swim Tips:

\*Children 6 & under must be accompanied by an adult within arm's length

\*Children with floatation devices are allowed in the deep end when joined by an adult in the water.

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