



# September 2022 Aquatics Schedule

# South County YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 4 lanes Leisure 1 lane 5 – 8:55 am	Lap Swim 4 lanes Leisure 1 lane 5 – 8:30 am	Lap Swim 4 lanes Leisure 1 lane 5 – 8:55 am	Lap Swim 4 lanes Leisure 1 lane 5 – 8:30 am	Lap Swim 4 lanes Leisure 1 lane 5 – 8:55 am	Lap Swim 4 lanes Leisure 1 lane 6 – 8:15 am	Lap Swim 4 lanes Leisure 1 lane 6 – 9:00 am
Aqua Dance Deep End Open 9 – 9:50 am	Water Exercise One Lap Lane 8:30 – 9:00 am	Water Exercise One Lap Lane 8:15– 9:00 am	Water Exercise One Lap Lane 8:15– 9:00 am	Water Exercise One Lap Lane 8:15– 9:00 am	Family Swim 8:15 am– 12 pm	Family Swim 9 am – 12 pm
Lap Swim 3 lanes Leisure 2 lanes 10 am – 2 pm	Water Exercise 9:00 – 10:30 am	Aqua Dance Deep End Open 9 – 9:50 am	Water Exercise 9 – 10am	Lap Swim 3 lanes Leisure 2 lanes 9 – 9:50 am	Family Swim 3:30 – 4:30 pm	Family Swim 3:30 – 4:30 pm
Lap Swim 3 lanes Leisure 2 lanes 10 am – 2 pm	Leisure/Lap 3 Lanes Deep End 10 am – 2 pm Preschool Swim 11 – 11:45 am	Lap Swim 3 lanes Leisure 2 lanes 10 am – 2 pm	Lap Swim 3 lanes Leisure 2 lanes 10 am – 2 pm	Lap Swim 3 lanes Leisure 2 lanes 10 am – 2 pm	Leisure/Lap 3 Lanes Deep End 10 am – 2 pm Preschool Swim 11 – 11:45 am	Leisure/Lap 3 Lanes Deep End 10 am – 2 pm Preschool Swim 11 – 11:45 am
Swim Team 3:30 – 5 pm	Swim Team 3:30 – 4:30 pm	Swim Team 3:30 – 5 pm	Swim Team 3:30 – 5 pm	Swim Team 3:30 – 5 pm	Family Swim 3:30 – 4:30 pm	Family Swim 3:30 – 4:30 pm
Family Swim 1 lane 5 – 7 pm	Family Swim 1 lane 4:30 – 6 pm	Family Swim 2 lanes 5 – 7 pm	Family Swim 2 lanes 4:30 – 6 pm	Family Swim 2 lanes 4:30 – 6 pm	Family Swim 2 lanes 4:30 – 6 pm	Family Swim 2 lanes 4:30 – 6 pm
Swim Team 4 lanes 5 – 7 pm	Swim Team 4 lanes 4:30 – 6 pm	Swim Team 3 lanes 5 – 7 pm	Swim Team 3 lanes 4:30 – 6 pm	Swim Team 3 lanes 4:30 – 6 pm	Swim Team 3 lanes 4:30 – 6 pm	Swim Team 3 lanes 4:30 – 6 pm
Family Swim 3 lanes Lap Swim 2 lanes 7 – 7:45 pm	Masters Swim Team 6 – 8:30 pm	Family Swim 3 lanes Lap Swim 2 lanes 7 – 7:45 pm	Masters Swim Team 6 – 8:30 pm	Masters Swim Team 6 – 8:30 pm	Family Swim 3 lanes Lap Swim 2 lanes 6 – 7 pm	Family Swim 3 lanes Lap Swim 2 lanes 6 – 7 pm



Lap swim hours are circle swim depending on demand.  
Please note that all classes are subject to change due to demand, participation, and weather.