



# PARK SOUTH YMCA

## 2025 FALL POOL SCHEDULE

08.11.2025

AQUA FITNESS CLASSES REQUIRE RESERVATIONS  
POOL USAGE MAY BE ALTERED TO MEET PROGRAM NEEDS

MON	TUE	WED	THU	FRI	SAT	SUN
8:00a-9:00a Aqua Fitness	8:00a-9:00a Lap Swim	8:00a-9:00a Aqua Fitness	8:00a-9:00a Lap Swim	8:00a-9:00a Aqua Fitness	9:00a-9:45a Aqua Fitness	
	10:00a-10:30a SAW Groups		10:00a-10:30a SAW Groups		10:00a-2:00p Family Swim	
11:00a-4:00p SAW Groups	11:00a-4:00p SAW Groups	11:00a-4:00p SAW Groups	11:00a-4:00p SAW Groups	11:00a-4:00p SAW Groups		
4:00p-6:30p Swim Team	4:00p-6:30p Swim Team	4:00p-6:30p Swim Team	4:00p-6:30p Swim Team	4:00p-6:30p Swim Team		
6:00p-7:00p Swim Lessons	6:00p-7:00p Swim Lessons	6:00p-7:00p Swim Lessons	6:00p-7:00p Swim Lessons			
6:45p-7:30p Lap Swim	6:45p-7:30p Aqua Fitness	6:45p-7:30p Lap Swim	6:45p-7:30p Aqua Fitness	6:45p-7:30p Lap Swim		

**We offer swim lessons, swim team, & adult master swim. If interested, please see the front for more information**

\*Schedule subject to change due to weather, chemicals, programming, etc