



PARK SOUTH YMCA
2026 WINTER POOL SCHEDULE
02.09.2026

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

MON	TUE	WED	THU	FRI	SAT	SUN
8:00a-10:00a Aqua Fitness	8:00a-10:00a Lap Swim	8:00a-10:00a Aqua Fitness	8:00a-10:00a 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-12:00p Lap Swim	10:30a-12:00p Lap Swim	10:00a-12:00p Lap Swim	10:30a-12:00p Lap Swim	10:00a-12:00p Lap Swim	10:00a-2:00p Family Swim	
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		
5:00p-7:15p Swim Lessons	5:15p-6:30p Swim Lessons	5:00p-7:15p Swim Lessons	5:15p-6:30p Swim Lessons			
6:45p-7:30p Lap Swim	6:45p-7:45p Aqua Fitness	6:45p-7:30p Lap Swim	6:45p-7:45p 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