



PARK SOUTH YMCA 2026 SUMMER POOL SCHEDULE 06.01.2026

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

MON	TUE	WED	THU	FRI	SAT	SUN	
7:00a-9:00a Swim Team	7:00a-9:00a Swim Team	7:00a-9:00a Swim Team	7:00a-9:00a Swim Team	7:00a-9:00a Swim Team			
9:00a-10:00a Aqua Fitness	9:00a-4:30p SAW Groups	9:00a-10:00a Aqua Fitness	9:00a-4:30p SAW Groups	9:00a-10:00a Aqua Fitness	9:00a-10:00a Aqua Fitness		
10:00a-11:30a Pre-School		10:00a-11:30a Pre-School					
11:30a-12:30p SAW Groups		11:30a-12:30p SAW Groups			10:00a-2:00p Family Swim	10:00a-2:30p Family Swim	
12:30p-2:00p Family Swim		12:30p-2:00p Family Swim					
2:00p-4:30p SAW Groups		2:00p-4:30p SAW Groups					
4:30p-6:30p Swim Lessons		4:30p-6:30p Swim Lessons		4:30p-6:30p Swim Lessons	4:30p-6:30p Swim Lessons	2:00p-4:30p SAW Groups	
6:30p-7:45p Family Swim		6:30p-7:45p Aqua Fitness		6:30p-7:45p Family Swim	6:30p-7:45p Aqua Fitness	4:30p-5:00p CLOSED	
				5:00p-6:30p Aqua Fitness			
				6:30p-7:45p Family Swim			

LAP LANES AVAILABLE UPON REQUEST. PLEASE ASK A LIFEGUARD.

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