



# PARK SOUTH YMCA

## 2026 SUMMER POOL SCHEDULE

08.10.2026

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<br>Aqua Fitness |                             | 8:00a-10:00a<br>Aqua Fitness |                             | 8:00a-10:00a<br>Aqua Fitness | 9:00a-10:00a<br>Aqua Fitness |                             |
| 10:00a-12:00p<br>CLOSED      | 10:00a-11:00a<br>Pre-School | 10:00a-12:00p<br>CLOSED      | 10:00a-11:00a<br>Pre-School | 10:00a-12:00p<br>CLOSED      |                              |                             |
| 12:00p-4:00p<br>SAW Groups   | 11:00a-4:00p<br>SAW Groups  | 12:00p-4:00p<br>SAW Groups   | 11:00a-4:00p<br>SAW Groups  | 12:00p-4:00p<br>SAW Groups   | 10:00a-3:00p<br>Family Swim  | 1:30p-2:30p<br>Aqua Fitness |
| 4:00p-6:30p<br>Swim Team     | 4:00p-6:30p<br>Swim Team    | 4:00p-6:30p<br>Swim Team     | 4:00p-6:30p<br>Swim Team    |                              |                              |                             |
| 5:15p-7:15p<br>Swim Lessons  | 5:15p-7:15p<br>Swim Lessons | 5:15p-7:15p<br>Swim Lessons  | 5:15p-7:15p<br>Swim Lessons | 4:00p-6:30p<br>Swim Team     |                              | 2:30p-4:30p<br>Family Swim  |
| 7:15p-7:45p<br>Family Swim   | 6:45p-7:30p<br>Aqua Fitness | 7:15p-7:45p<br>Family Swim   | 6:45p-7:30p<br>Aqua Fitness | 6:45p-7:45p<br>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