



SUMTER FAMILY YMCA

Warm Water

APRIL 2018

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday			
5:30am	Lap/Fitness & Family Swim	Lap/Fitness & Family Swim	Lap/Fitness & Family Swim	Closed	Closed	5:30am		
6:30am						6:30am		
7:00am				7:00am				
8:00am	Liquid Aerobics		Liquid Aerobics	Lap/Fitness & Family Swim		8:00am		
8:30am						8:30am		
9:00am	Lap/Fitness & Family swim			Lap/Fitness & Family swim		Swim Lessons (9:00am - 11:15am)	9:00am	
10:00am	Zumba (Monday only)	Liquid Aerobic 2	10:00am					
11:00am	Senior Workout	Aqua Fat Burn	Senior Workout	Birthday Parties (11am - 12pm)		11:00am		
12:00pm	Lap/Fitness & Family Swim	Lap/Fitness & Family Swim	Lap/Fitness & Family Swim			Closed	12:00pm	
1:00pm				1:00pm				
1:30pm				1:30pm				
2:00pm	Arthritis Aquatics		Lap/Fitness & Family Swim	Arthritis Aquatics			Birthday Parties (2pm - 3pm)	2:00pm
3:00pm	Lap/Fitness & Family Swim			Lap/Fitness & Family Swim	Lap/Fitness & Family Swim			Birthday Parties (2:00pm - 3:00pm)
4:00pm							4:00pm	
4:30pm	Swim Team (5:00pm - 6:00pm)	Lap/Fitness & Family Swim	Lap/Fitness & Family Swim		Lap/Fitness & Family Swim		Closed	4:30pm
5:30pm				5:30pm				
6:00pm	Swim Lessons (6:00pm - 7:30pm)			Swim Lessons (6:00pm - 8:00pm)	Lap/Fitness & Family Swim			Closed
6:30pm			6:30pm					
7:00pm			7:00pm					
7:30pm			7:30pm					
8:30pm	Lap/Fitness & Family Swim	Lap/Fitness & Family Swim	Closed	Closed	8:30pm			

Lap Swim - all ages lap swimming.

Fitness Swim - time for members to exercise on their own.

Family Swim - time for members that want to bring their family to swim and play together.

Swim Lessons - individuals registered to work with an instructor.

Swim Team - individuals registered for Swim Team participation.

Liquid Aerobics, Senior Workout and Arthritis - exercise classes open to all members.

When two activities overlap, space will be specified for each activity.

* All lap swimmers must be able to swim independently.

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.