



SUMTER FAMILY YMCA

Warm Water

December 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	Lap/Fitness & Family Swim	Liquid Aerobics	Lap/Fitness & Family Swim		8:00am		
8:30am						8:30am		
9:00am	Lap/Fitness & Family Swim	Lap/Fitness & Family Swim	Lap/Fitness & Family Swim	Swim Lessons (9:00am - 11:15am)		9:00am		
10:00am						10:00am		
11:00am	Senior Workout	Lap/Fitness & Family Swim	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 (2:00pm - 3:00pm)	2:00pm
3:00pm	Lap/Fitness & Family Swim			Lap/Fitness & Family Swim	Lap/Fitness & Family Swim			3:00pm
4:00pm			Swim Team (5:00pm - 6:00pm)				Lap/Fitness & Family Swim	Lap/Fitness & Family Swim
4:30pm	4:30pm							
5:30pm	5:30pm							
6:00pm	Swim Lessons (6:00pm - 7:30pm) *2 lanes available		Swim Lessons (6:00pm - 8:00pm) *2 lanes available	Lap/Fitness & Family Swim **	Closed		Closed	6:00pm
6:30pm								6:30pm
7:00pm								7:00pm
7:30pm		7:30pm						
8:30pm	Lap/Fitness & Family Swim	Lap/Fitness & Family Swim	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.

** The **2nd Friday** of every month the pool deck will close at 6pm for LG In-Service.

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