



SUMTER FAMILY YMCA
Warm Water

JANUARY 2019

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

| | Monday & Wednesday | Tuesday & Thursday | Friday | Saturday | Sunday | |
|---------|--|---|---|--|--|--|
| 5:30am | Open Swim 5:30am - 8:00am | Open Swim 5:30am - 8:00am | Open Swim 5:30am - 8:00am | CLOSED *open at 6:30am | CLOSED *open at 1:00pm | 5:30am |
| 6:00am | | | | | | 6:00am |
| 7:00am | | | | 7:00am | | |
| 8:00am | Liquid Aerobics 8:00am - 9:00am *Shallow end closed | Mindful Movements 8:00am - 9:00am *Shallow end closed | Liquid Aerobics 8:00am - 9:00am *Shallow end closed | Open Swim 6:30am - 8:30am | | 8:00am |
| 8:30am | 8:30am | | | | | |
| 9:00am | Open Swim 9:00am - 10:30am | Open Swim 9:00am - 5:30pm | Open Swim 9:00am - 10:30am | Swim Lessons (8:30am - 11:00am) *Shallow end closed | | 9:00am |
| 9:30am | | | | | | 9:30am |
| 10:00am | | | | | | 10:00am |
| 10:30am | Senior Workout 10:30am - 11:30am *Shallow end closed | | Senior Workout 10:30am - 11:30am *Shallow end closed | | | 10:30am |
| 11:00am | Open Swim 11:30am - 1:00pm | | | Open Swim 11:30am - 1:00pm | | Birthday Parties 11:00am - 12:00pm *1/2 Shallow end closed |
| 11:30am | | | | | 11:30am | |
| 12:00pm | | | | | 12:00pm | |
| 12:30pm | | | | | 12:30pm | |
| 1:00pm | | | | | Arthritis Aquatics 1:00pm - 2:00pm *Shallow end closed | Arthritis Aquatics 1:00pm - 2:00pm *Shallow end closed |
| 1:30pm | 1:30pm | | 1:30pm | | | |
| 2:00pm | Open Swim 2:00pm - 5:00pm | | Open Swim 2:00pm - 7:30pm | Birthday Parties 2:00pm - 3:00pm *1/2 Shallow end closed | Birthday Parties 2:00pm - 3:00pm *1/2 Shallow end | 2:00pm |
| 2:30pm | | | | | 2:30pm | |
| 3:00pm | | | | 3:00pm | | |
| 4:00pm | | | | Open Swim 3:00pm - 4:30pm | Open Swim 3:00pm - 4:30pm | 4:00pm |
| 4:30pm | | | | 4:30pm | | |
| 5:00pm | Swim Team (5:00pm - 6:00pm) *Lanes closed | Swim Lessons (5:30pm - 8:00pm) *Shallow end closed | Close at 7:30pm *2nd Friday of each month we close at 6pm | Close at 4:30pm | Close at 4:30pm | 5:00pm |
| 5:30pm | 5:30pm | | | | | |
| 6:00pm | 6:00pm | | | | | |
| 7:00pm | 7:00pm | | | | | |
| 7:30pm | 7:30pm | | | | | |
| 8:00pm | Open Swim 7:15pm - 8:30pm | Open Swim 8:00pm - 8:30pm | | | | 8:00pm |
| 8:30pm | | | | | | 8:30pm |

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