



**SUMTER FAMILY YMCA**  
Warm Water

**MARCH 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 <b>*open at 6:30am</b>	CLOSED <b>*open at 1:00pm</b>	5:30am
6:00am						6:00am
7:00am				7:00am		
8:00am	Liquid Aerobics 8:00am - 9:00am <b>*Shallow end closed</b>	Mindful Movements 8:00am - 9:00am <b>*Shallow end closed</b>	Liquid Aerobics 8:00am - 9:00am <b>*Shallow end closed</b>	Open Swim 6:30am - 8:30am		8:00am
8:30am	Open Swim 9:00am - 10:30am	Open Swim 9:00am - 10:30am	Open Swim 9:00am - 10:30am	Swim Lessons 8:30am - 11:00am <b>*Shallow end closed</b>		8:30am
9:00am						9:00am
9:30am						9:30am
10:00am	Senior Workout 10:30am - 11:30am <b>*Shallow end closed</b>	Aqua Tabata 10:30am - 11:30am <b>*Shallow end closed</b>	Senior Workout 10:30am - 11:30am <b>*Shallow end closed</b>	Birthday Parties 11:00am - 12:00pm <b>*1/2 Shallow end</b>		10:00am
10:30am						10:30am
11:00am						11:00am
11:30am	Open Swim 11:30am - 2:00pm	Open Swim 11:30am - 5:30pm	Open Swim 11:30am - 2:00pm	Open Swim 12:00pm - 2:00pm	11:30am	
12:00pm					12:00pm	
12:30pm					12:30pm	
1:00pm					Open Swim 1:00pm - 2:00pm	1:00pm
1:30pm					1:30pm	
2:00pm					Arthritis Aquatics 2:00pm - 3:00pm <b>*Shallow end closed</b>	Open Swim 11:30am - 5:30pm
2:30pm	2:30pm	2:30pm	2:30pm	2:30pm		
3:00pm	Open Swim 3:00pm - 5:00pm	Open Swim 11:30am - 5:30pm	Open Swim 2:00pm - 7:30pm	Open Swim 3:00pm - 4:30pm	Open Swim 3:00pm - 4:30pm	3:00pm
4:00pm						4:00pm
4:30pm						4:30pm
5:00pm	Swim Team 5:00pm - 6:00pm <b>*Lanes closed</b>	Swim Lessons 5:30pm - 8:00pm <b>*Shallow end closed</b>	Open Swim 2:00pm - 7:30pm	Close at 4:30pm	Close at 4:30pm	5:00pm
5:30pm	5:30pm					
6:00pm	6:00pm					
7:00pm	Open Swim 7:15pm - 8:30pm	Open Swim 8:00pm - 8:30pm	Close at 7:30pm <b>*2nd Friday of the month close at 6pm</b>	Close at 4:30pm	Close at 4:30pm	7:00pm
7:30pm						7:30pm
8:00pm						8:00pm
8:30pm						8:30pm

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