



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FACILITY HOURS:
5:00 am–10:00 pm

HARD WORK PAYS OFF

Labor Day Schedule

SOUTHWEST YMCA



FREE COMMUNITY DAY: BRING A FRIEND!

POOL HOURS: 5:30 am–4:00 pm

Lap Lanes

5:30 am – 10:00 am – 3 lanes
10:00 am – 11:00 am – 2 lanes
11:00 am – 4:00 pm – 3 lanes

Family Swim

11:00 am – 4:00 pm

CHILDWATCH HOURS:

8:00 am–11:30 am

GROUP EXERCISE CLASSES:

8:30–9:30 am

SilverSneakers Classic

Boot Camp

9:35–10:35 am

Zumba

9:45–10:30 am

Group Cycle

10:00–11:00 am

Yoga and Aquacise