



Lap & Family Swim  
 Indoor Pool @ Springfield Family YMCA  
 September 8th - December 30th

300 S Limestone St  
 SPRINGFIELD, OH 45505  
 (937) 323-3781

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Lap Swim 6 Lanes 6am - 10am	Lap Swim 3 Lanes 6am - 7am	Lap Swim 6 Lanes 6am - 10am	Lap Swim 3 Lanes 6am - 7am	Lap Swim 6 Lanes 6am - 9am		
7am		Lap Swim 6 Lanes 7am - 9am		Lap Swim 6 Lanes 7am - 9am			
9am		Lap Swim 4 Lanes 9am - 11am		Lap Swim 4 Lanes 9am - 11am		Lap Swim 2 Lanes 9:30am - 1pm	
10am					Lap Swim 6 Lanes 10am - 11am		
11am	Lap Swim 6 Lanes 11am - 2pm	Lap Swim 6 Lanes 11am - 2pm	Lap Swim 6 Lanes 11am - 2pm	Lap Swim 6 Lanes 11am - 2pm			
12pm					Lap Swim 6 Lanes 12pm - 2pm		Lap Swim 6 Lanes 12pm - 1pm
2pm	Lap Swim 3 Lanes 2pm - 3:45pm	Lap Swim 3 Lanes 2pm - 4pm	Lap Swim 3 Lanes 2pm - 3:45pm	Lap Swim 3 Lanes 2pm - 4pm	Lap Swim 3 Lanes 2pm - 4pm	Lap Swim 6 Lanes 2pm - 3pm	Lap Swim 6 Lanes 2pm - 3pm
	Family Swim 3 Lanes 2pm - 3:45pm	Family Swim 3 Lanes 2pm - 4pm	Family Swim 3 Lanes 2pm - 3:45pm	Family Swim 3 Lanes 2pm - 4pm	Family Swim 3 Lanes 2pm - 4pm		
3pm	Lap Swim 2 Lanes 3:45pm - 4:30pm		Lap Swim 2 Lanes 3:45pm - 4:30pm			Family Swim 6 Lanes 3pm - 4:30pm	Family Swim 6 Lanes 3pm - 4:30pm
	Family Swim 2 Lanes 3:45pm - 5:30pm		Family Swim 2 Lanes 3:45pm - 4:30pm				
4pm	Lap Swim 1 Lane 4:30pm - 5:30pm	Lap Swim 2 Lanes 4pm - 4:45pm	Lap Swim 1 Lane 4:30pm - 6pm	Family Swim 2 Lanes 4pm - 5:30pm	Lap Swim 1 Lane 4pm - 6pm		
		Family Swim 2 Lanes 4pm - 5:30pm		Lap Swim 2 Lanes 4pm - 4:45pm			
		Lap Swim 1 Lane 4:45pm - 5:45pm		Lap Swim 1 Lane 4:45pm - 6pm			
5pm		Lap Swim 2 Lanes 5:45pm - 7pm					
		Family Swim 2 Lanes 5:45pm - 7pm					
6pm				Family Swim 2 Lanes 6pm - 7pm			
				Lap Swim 2 Lanes 6pm - 7pm			
7pm		Lap Swim 1 Lane 7pm - 7:30pm		Lap Swim 1 Lane 7pm - 7:30pm	Lap Swim 3 Lanes 7:30pm - 9pm		
					Family Swim 3 Lanes 7:30pm - 9pm		
8pm		Lap Swim 1 Lane 8:15pm - 9pm		Lap Swim 1 Lane 8:15pm - 9pm			
		Family Swim 2 Lanes 8:15pm - 9pm		Family Swim 2 Lanes 8:15pm - 9pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Springfield Family YMCA

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**Family Swim 2 Lanes** - One family per lane. You must make a reservation due to COVID.

**Family Swim 3 Lanes** - One family per lanes. Reservations must be made during COVID.

**Family Swim 6 Lanes** - One family per lane. Must make reservations due to COVID.

**Lap Swim 1 Lane** - If there are one or two swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. Please try to choose a lane with swimmers that match your speed.

**Lap Swim 2 Lanes** - If there are one or two swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. Please try to choose a lane with swimmers that match your speed.

**Lap Swim 3 Lanes** - If there are one or two swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. Please try to choose a lane with swimmers that match your speed.

**Lap Swim 4 Lanes** - If there are one or two swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. Please try to choose a lane with swimmers that match your speed.

**Lap Swim 6 Lanes** - If there are one or two swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. Please try to choose a lane with swimmers that match your speed.