



Lap & Family Swim
Indoor Pool @ Springfield Family YMCA
 January 7th - March 24th

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

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

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 - This space is designed for free swim for families or individuals. You MUST pass test to swim in the deep end. An adult MUST be in the water for children 6 years and younger and on deck for 7-8 year olds.

Lap Swim - 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.