



Suffolk Family YMCA

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

Outdoor Pool Summer Schedule

Pool Hours	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00am - 9:30pm	5:00am - 9:30pm	5:00am - 9:30pm	5:00am - 9:30pm	5:00am - 9:30pm	8:00am - 5:30pm	11:00am - 5:30pm
8:00am - 10:00am	Lap Swim	Lap Swim	Aquapower 8:00am-9:00am Lap Swim	Lap Swim	Lap Swim	Open Swim 8:00am-5:30pm	Open Swim 11:00am-5:30pm
Open Swim 10:00am - 4:00pm	Open Swim & Summer Camp	Open Swim & Summer Camp	Open Swim & Summer Camp	Open Swim & Summer Camp	Open Swim & Summer Camp		
4:00pm-9:30pm	Open Swim Swim Team 5:30pm-7:15pm	Open Swim Swim Team 5:30pm-7:15pm	Open Swim Swim Team 5:30pm-7:15pm	Open Swim Swim Team 5:30pm-7:15pm	Open Swim 4:00pm-9:30pm		



Lap Swim
There is a minimum of one lap lane available at all

We Build Strong Kids, Strong Families, Strong Communities