



# POOLHOURS

Beginning May 28<sup>th</sup>

- **LAP SWIM**

**Monday - Friday**

6:30am - 7:30pm

- **OPEN SWIM**

**Sunday - Friday**

1:00pm - 6:00pm

**Saturday**

10:00am - 3:00pm

- **Check Out Our Other Great Aquatics Programs!**



**SWIM LESSONS  
FOR ALL AGES!**

**VYST**

**Valdosta YMCA**  
Swim Team

**Practice Starts at 5PM**