



TYS South Tampa Y Schedule August 6, 2025 – May 2026

Senior Prep @ South Tampa Y

Equipment: Kickboard, Buoy, Fins, Paddles, Snorkel

Monday – Friday

5:30pm – 7:30pm

Dryland & Swim

Saturday @ New Tampa Y

7:00am – 9:00am

Dynamic & Swim

Bronze @ South Tampa Y

Equipment: Kickboard, Buoy, Fins, Snorkel

Monday/Tuesday/Wednesday/Friday

5:30pm - 7:00pm

Dryland & Swim

Saturday @ New Tampa Y

7:30am – 9:00am

Dynamic & Swim