



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU ACTIVE AND CONNECTED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5a-830a 6 Lap Lanes	Lap Swim 5a-830a 6 Lap Lanes	Lap Swim 5a-830a 6 Lap Lanes	Lap Swim 5a-830a 6 Lap Lanes	Lap Swim 5a-830a 6 Lap Lanes	Lap swim 7a-9a 6 Lap Lanes	
Joint Conditioning 2 Lap Lanes 830a-930a	Joint Conditioning 2 Lap Lanes 830a-930a	Joint Conditioning 2 Lap Lanes 830a-930a	Joint Conditioning 2 Lap Lanes 830a-930a	Joint Conditioning 2 Lap Lanes 830a-930a	Water Aerobics 9a-10a 1 Lap Lane	
Aquacise 2 Lap Lanes 930a-1030am	Aqua Balance 3 Lap Lanes 930a-1030a	Aquacise 2 Lap Lanes 930a-1030am	Aqua Balance 3 Lap Lanes 930a-1030a	Aquacise 2 Lap Lanes 930a-1030am	Swim Lessons 9:30a-12:30p 1 Lap Lane	PRIVATE PARTIES 12p-2p
Deep Water Aquacise 2 Lap Lanes 1030a-1130p	Aqua Zumba 10:30am 11:30am	Deep Water Aquacise 2 Lap Lanes 1030a-1130p	Aqua Zumba 10:30am 11:30am	Aqua Zumba 10:30am 11:30am		
Family Swim 11:30am 1:00pm Leaning-L ONLY 3 Lap Lanes	Family Swim 11:30am 1:00pm Leaning-L ONLY 3 Lap Lanes	Family Swim 11:30am 1:00pm Leaning-L ONLY 3 Lap Lanes	Family Swim 11:30am 1:00pm Leaning-L ONLY 3 Lap Lanes	Family Swim 11:30am 1:00pm Leaning-L ONLY 3 Lap Lanes	Family Swim 3 Lap Lanes 1p-5:45p	Family Swim 3 Lap Lanes 2p-4:45p
POOL CLOSED 1p-4p	POOL CLOSED 1p-3p	POOL CLOSED 1p-4p	POOL CLOSED 1p-3p	POOL CLOSED 1p-4p		
Riptides Swim Team 4pm-630pm	Riptides Swim Team 3pm-630pm	Riptides Swim Team 4pm-630pm	Riptides Swim Team 3pm-630pm	Riptides Swim Team 4pm-630pm	PRIVATE PARTIES 6p-8p	PRIVATE PARTIES 5p-7p
4PM-5PM 1 Lap Lane *5PM-6PM NO LANES	3PM-5PM 1 Lap Lane *5PM-6PM NO LANES	4PM-5PM 1 Lap Lane *5PM-6PM NO LANES	3PM-5PM 1 Lap Lane *5PM-6PM NO LANES	*4PM-5PM 1 Lap Lane *5PM-6PM NO LANES *6PM-7:45PM 3 Lap lanes		
Family Swim 6pm - 8pm 1 Lap Lane 6pm - 7:30pm	Family Swim 6pm - 8pm 1 Lap Lane 6pm - 7:30pm	Family Swim 6pm - 8pm 1 Lap Lane 6pm - 7:30pm	Family Swim 6pm - 8pm 1 Lap Lane 6pm - 7:30pm			
SWIM LESSONS 6p-8p	SWIM LESSONS 6p-8p	SWIM LESSONS 6p-8p	SWIM LESSONS 6p-8p	<p>*****To put Christian principles into practice through programs that build healthy spirit, mind and body for ALL***** Schedule is subject to change. December 1st, 2019 JER Chilton YMCA at Rockwall</p>		
Lap Swim 7:30pm-845pm 4 lanes	Lap Swim 7:30pm-845pm 4 lanes	Lap Swim 7:30pm-845pm 4 lanes	Lap Swim 7:30pm-845pm 4 lanes			