



SAFE SWIMMING SAVES LIVES
Instructional Pool Schedule
June 8th, 2020 - July 4th, 2020

FOR YOUTH DEVELOPMENT,
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SCHEDULE IS SUBJECT TO CHANGE WITH SHORT NOTICE

6/9/2020

Pool usage may be altered to accommodate need. Lifeguard and other aquatic training will be held as necessary - look for posted signs describing schedule changes, especially during holidays.

Instructional Pool Temperature: 86-88°

Depth: 2ft 6in - 4ft 9in

Instructional Pool Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-10:00am Individual Water Fitness	6:00am-9:00am Individual Water Fitness	6:00am-10:00am Individual Water Fitness	6:00am-9:00am Individual Water Fitness	MAKE UP SWIM LESSONS WILL BE HELD ON FRIDAYS	MUST RESERVE SPACE FOR LAP SWIM AND CLASSES WWW.YMCADALLAS.ORG/RES ERVATIONS	
10:00am-12:00pm Private Swim Lessons Starting 6/15	9:00-9:45am Water Aerobics Deep/Shallow	10:00am-12:00pm Private Swim Lessons Starting 6/15	9:00-9:45am Water Aerobics Deep/Shallow			
12:00pm-2:00pm Individual Water Fitness	10:00am-12:00pm Private Swim Lessons Starting 6/15	12:00pm-2:00pm Individual Water Fitness	10:00am-12:00pm Private Swim Lessons Starting 6/15	6:00am-7:45pm Individual Water Fitness	7:00am-9:00am Individual Water Fitness	CLOSED
2:00pm-2:45pm Aqua Fitness Brenda Starting 6/8	12:00pm-4:00pm Individual Water Fitness	2:00pm-2:45pm Aqua Fitness Brenda Starting 6/8	12:00pm-4:00pm Individual Water Fitness		9:00-9:45am Water Aerobics Deep/Shallow Nischelle	
3:00pm-4:00pm Individual Water Fitness	4:00-6:00pm Swim Team Starting 6/15	3:00pm-4:00pm Individual Water Fitness	4:00-6:00pm Private Swim Lessons Starting 6/15		10:00am-4:45pm Individual Water Fitness	
4:00pm-6:00pm Private Swim Lessons Starting 6/15	6:00-7:45pm Individual Water Fitness	4:00pm-6:00pm Private Swim Lessons Starting 6/15	6:00-7:45pm Individual Water Fitness			
6:00-7:45pm Individual Water Fitness	6:00-7:45pm Individual Water Fitness	6:00-7:45pm Individual Water Fitness	6:00-7:45pm Individual Water Fitness			



SAFE SWIMMING SAVES LIVES
Lap Pool Schedule
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 FOR SOCIAL RESPONSIBILITY

6/9/2020

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Temperature: 81-83°

Depth: 3ft 6in - 7ft 9in

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 4:00pm Adult Lap Swim	6:00am - 9:00am Adult Lap Swim	6:00am - 4:00pm Adult Lap Swim	6:00am - 9:00am Adult Lap Swim	6:00am - 4:00pm Adult Lap Swim	MUST RESERVE SPACE FOR LAP SWIM AND CLASSES WWW.YMCADALLAS.ORG/RESERVATIONS	
	6:00am-7:00am Masters Swim 2 Open Lanes		6:00am-7:00am Masters Swim 2 Open Lanes			
	9:00am-9:45am Water Aerobics Deep/Shallow		9:00am-9:45am Water Aerobics Deep/Shallow			
	10:00am - 4:00pm Adult Lap Swim		10:00am - 4:00pm Adult Lap Swim		10:00am - 4:00pm Adult Lap Swim	7:00am-9:00am Adult Lap Swim
4:00pm-6:30pm Swim Team Starting 6/15	4:00pm-6:30pm Swim Team Starting 6/15	4:00pm-6:30pm Swim Team Starting 6/15	4:00pm-6:30pm Swim Team Starting 6/15	9:00-9:45am Water Aerobics Deep/Shallow Nischelle		
6:30pm-7:30pm Masters Swim 2 Open Lanes	6:30-7:45pm Adult Lap Swim	6:30pm-7:30pm Masters Swim 2 Open Lanes	6:30-7:45pm Adult Lap Swim	6:30-7:45pm Adult Lap Swim	10:00am-4:45pm Adult Lap Swim	
6:30-7:45pm Adult Lap Swim		6:30-7:45pm Adult Lap Swim				