



Reservations must be made on Mind and Body or www.ymcadallas.org/reservations

Lap Pool Schedule

Temperature: 81-83 Depth: 3ft 6in - 7ft 9in

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-4:00pm Lap Swim	5:30am-9am Lap Swim	5:30am-4:00pm Lap Swim	5:30am-9am Lap Swim	5:30am-4:00pm Lap Swim	7:00am-9:00am Open Swim	2:00pm-4:30pm Lap Swim
	6am-7am Masters Swim (1 open lane)		6am-7am Masters Swim (1 open lane)		9am-10am Water Fitness (1 open lane)	
	9am-10am Water Fitness (1 open lane)		9am-10am Water Fitness (1 open lane)			
	10am-4:00pm Lap Swim		10am-3:45pm Lap Swim		10:00am-5:30pm Lap Swim	
4:00pm-6:30pm Swim Team	3:45pm-7pm Swim Team	4:00pm-6:30pm Swim Team	3:45pm-7pm Swim Team	4:00pm-6:30pm Swim Team		
6:30pm-8:30pm Lap Swim	7pm-8pm Masters Swim (2 open lanes)	6:30pm-8:30pm Lap Swim	7pm-8pm Masters Swim (2 open lanes)	6:30pm-7:30pm Lap Swim		
	8pm-8:30pm Lap swim		8pm-8:30pm Lap swim			

Schedule is subject to change

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

(214) 526-7293 www.moodyfamilyymca.org

facebook.com/moodyfamilyymca

For more information contact Dillon Emery, Aquatics Director, at demery@ymcadallas.org



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Instructional Pool Schedule

Temperature: 86-87 Depth: 2ft 6in - 4ft 9in

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am- 2:00pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	5:30am- 9:00am Independent water walking, PCI (parent child interaction with 1:1 ratio)	5:30am- 2:00pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	5:30am- 9:00am Independent water walking, PCI (parent child interaction with 1:1 ratio)	5:30am- 9:00am Independent water walking, PCI (parent child interaction with 1:1 ratio)	7:00am-9:00am Open Swim	
	9:00am - 10:am Water Fitness		9:00am - 10:am Water Fitness	9:00am - 10:am Water Fitness		
	2:00pm-3:00pm Water fitness Class		10am-4pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	2:00pm-3:00pm Water fitness Class	10am-4pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	10am-4pm Independent water walking, PCI (parent child interaction with 1:1 ratio)
3:00pm-4pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	3:00pm-4pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	12:00pm-5:30pm Open Swim				
4:00pm-6:30pm Swim Lessons	4:00pm-6:30pm Swim Lessons	4:00pm-6:30pm Swim Lessons	4:00pm-6:30pm Swim Lessons	4:00pm-7:30pm Make up swim lessons, Independent water walking, PCI (parent child interaction with 1:1 ratio)		
6:30pm-7:30pm Water Fitness Class	6:30pm-7:30pm Water Fitness Class	6:30pm-7:30pm Water Fitness Class	6:30pm-7:30pm Water Fitness Class			
7:30pm-8:30pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	7:30pm-8:30pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	7:30pm-8:30pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	7:30pm-8:30pm Independent water walking, PCI (parent child interaction with 1:1 ratio)			

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