the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU ACTIVE AND CONNECTED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Coppell HS Practice 6:15a-8:00a *NO LAP LANES*	Coppell HS Practice 6:15a-8:00a *NO LAP LANES*	Coppell HS Practice 6:15a-8:00a *NO LAP LANES*	Coppell HS Practice 6:15a-8:00a *NO LAP LANES*	Coppell HS Practice 6:15a-8:00a *NO LAP LANES*	Comets YMCA Practice 7:00-9:15 3 Lap Lanes	**Lap Swim 1p-4:30p 6 Lap Lanes**
Coppell HS Practice 8:00a-9:00a *NO LAP LANES*	Coppell HS Practice 8:00a-9:00a *NO LAP LANES*	Coppell HS Practice 8:00a-9:00a *NO LAP LANES*	Coppell HS Practice 8:00a-9:00a *NO LAP LANES*	Coppell HS Practice 8:00a-9:00a *NO LAP LANES*	Aqua Fitness 9:30-10:15 Noelle D. *NO LAP LANES*	**Aqua Fit 2-2:45 2 LAP LANES**
					Swim Lessons 9:45a-12:00p 3 lap lanes	
Aqua Fitness Marti J 9:00a-10:00a *1 Lap Lane*	Aqua Fitness Svetlana 9:00a-9:45a *1 Lap Lane*	Aqua Fitness Marti J 9:00a-10:00a *1 Lap Lane*	Aqua Fitness Gracie 9:00a-10:00a *1 Lap Lane*	Aqua Fitness Svetlana 9:00a-9:45a *1 Lap Lane*	12:00p-4:45p Family Swim 3 Lap Lanes	
Swim Lessons 10:00a-11:15a *2 Lap Lanes*	Aqua Fitness Svetlana 9:45a-10:30a *1 Lap Lane	Swim Lessons 10:00a-11:15a *2 Lap Lanes*	Lap Swim 10:00a-10:30a *6 Lap Lanes	Aqua Fitness Svetlana 9:45a-10:30a *1 Lap Lane		
Coppell HS Practice 10:35a-11:40a *NO LAP LANES	Coppell HS Practice 10:35a-11:40a *NO LAP LANES	Coppell HS Practice 10:35a-11:40a *NO LAP LANES	Coppell HS Practice 10:35a-11:40a *NO LAP LANES	Coppell HS Practice 10:35a-11:40a *NO LAP LANES		
Lap Swim 11:40a-12:45a *6 Lap Lanes	Lap Swim 11:40a-4:15p *6 Lap Lanes	Lap Swim 11:40a-12:45a *6 Lap Lanes	Lap Swim 11:40a-4:15p *6 Lap Lanes	Lap Swim 11:40a-12:45a *6 Lap Lanes		
Coppell HS Practice 12:45a-2:10p *NO LAP LANES		Coppell HS Practice 12:45a-2:10p *NO LAP LANES		Coppell HS Practice 12:45a-2:10p *NO LAP LANES		
Lap Swim 2:10p-2:45p *6 Lap Lanes		Lap Swim 2:10p-2:45p *6 Lap Lanes		Lap Swim 2:10p-2:45p *6 Lap Lanes		
Coppell HS Practice 2:50p-4:10p *NO LAP LANES		Coppell HS Practice 2:50p-4:10p *NO LAP LANES		Coppell HS Practice 2:50p-4:10p *NO LAP LANES		
Lap Swim 4:15p-5:00p *2 Lap Lanes	Lap Swim 4:15p-5:00p *2 Lap Lanes	Lap Swim 4:15p-5:00p *2 Lap Lanes	Lap Swim 4:15p-5:00p *2 Lap Lanes	Lap Swim 4:15p-6:30p *2 Lap Lanes		
Comets YMCA Practice 4:20-8:30	Comets YMCA Practice 4:30-8:30	Comets YMCA Practice 4:20-8:30	Comets YMCA Practice 4:30-8:30	Comets YMCA Practice 4:20-7:00		
Swim Lessons 5:10p-7:45p *NO LAP LANES	Swim Lessons 5:10p-7:45p *NO LAP LANES	Swim Lessons 5:10p-7:45p *NO LAP LANES	Swim Lessons 5:10p-7:45p *NO LAP LANES	Family Swim 6:30p-7:45p *3 Lap Lanes		
Lap Swim 7:45p-8:45p 2 Lap Lanes	Lap Swim 7:45p-8:45p 2 Lap Lanes	Lap Swim 7:45p-8:45p 2 Lap Lanes	Lap Swim 7:45p-8:45p 2 Lap Lanes			

Winter Pool Schedule 2022

Text @CPAQUATICS to 81010 for updates on pool closures and schedule changes.

Questions? Please email our Aquatics Director, Lukas Moberg, lmoberg@ymcadallas.org

Pool Hours:

Monday-Thursday
5:00a-8:45p
Friday
5:00a-7:45p
Saturday
7:00a-4:45p
Sunday
1:00p-4:30

Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.