

**Reservations must be made on Mind and Body or www.ymcadallas.org/reservations with a current
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
	2:00-3:00pm Water fitness Class				10am-4pm Independent water walking, PCI (parent child interaction with 1:1 ratio)		2:00-3:00pm Water fitness Class
3:00pm-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)	4:00-6:30 Swim Lessons	4:00-6:30 Swim Lessons	4:00pm-7:30pm Make up swim lessons, Independent water walking, PCI (parent child interaction with 1:1 ratio)		
4:00-6:30 Swim Lessons		4:00-6:30 Swim Lessons					4:00-6:30 Swim Lessons
6:30-7:30 Water Fitness Class		6:30-7:30 Water Fitness Class					6:30-7:30 Water Fitness Class
7:30-8:30pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	7:30-8:30pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	7:30-8:30pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	7:30-8:30pm Independent water walking, PCI (parent child interaction with 1:1 ratio)	7:30-8:30pm Independent water walking, PCI (parent child interaction with 1:1 ratio)			

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

(214) 526-7293 www.moodyfamilyymca.org

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