

Reservations must be made on Mind and Body or [www.ymcadallas.org/reservations](http://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		2:00pm-4:30pm Lap Swim
	6am-7am Masters Swim		6am-7am Masters Swim		7:00am-9:00am Open Swim	
	9am-10am Water Fitness 1 open lane		9am-10am Water Fitness 1 open lane		9:00am-10am Water Fitness	
	10am-4:00pm Lap Swim		10am-4:00pm Lap Swim		10:00am-5:30pm Lap Swim	
4:00pm-6:30pm Swim Team	4:00pm-6:30pm Swim Team	4:00pm-6:30pm Swim Team	4:00pm-6:30pm Swim Team	4:00pm-6:30pm Swim Team		
Lap Swim 6:30-8:30	6:30-7:45 Masters Swim 2 open lanes	Lap Swim 6:30-8:30	6:30-7:45 Masters Swim 2 open lanes	Lap Swim 6:30-7:30		
	6:30-8:30pm Lap swim		6:30-8:30pm 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](http://www.moodyfamilyymca.org)

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