



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOU ACTIVE AND CONNECTED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5a-6:00a 6 Lap Lanes	Lap Swim 5a-6:00a 6 Lap Lanes	Lap Swim 5a-6:00a 6 Lap Lanes	Lap Swim 5a-6:00a 6 Lap Lanes	Lap Swim 5a-6:00a 6 Lap Lanes	Cruisers Swim Team 7:00a-9:15a *2 Lap Lanes	Lap Swim 1:00p-2:00p *6 Lap Lanes
CHS Swim Team 6:00a-8:00a *NO LAP LANES	CHS Swim Team 6:00a-8:00a *NO LAP LANES	CHS Swim Team 6:00a-8:00a *NO LAP LANES	CHS Swim Team 6:00a-8:00a *NO LAP LANES	CHS Swim Team 6:00a-8:00a *NO LAP LANES	Aqua Fitness 9:00a-10:15a *1 Lap Lane	Aqua Fitness 2:00p-2:45p *2 Lap Lanes
CHS Swim Team 8:00a-9:00a *1 Lap Lane	Lap Swim 8:00a-8:45a *6 Lap Lanes	CHS Swim Team 8:00a-9:00a *1 Lap Lane	Lap Swim 8:00a-8:45a *6 Lap Lanes	CHS Swim Team 8:00a-9:00a *1 Lap Lane	Swim Lessons 9:30a-11:45a *NO LAP LANES	Family Swim 2:45p-4:45p *2 Lap Lanes
Aqua Fitness 9:00a-10:00a *1 Lap Lane	Aqua Fitness 9:00a-10:30a *1 Lap Lane	Aqua Fitness 9:00a-10:00a *1 Lap Lane	Aqua Fitness 9:00a-10:00a *1 Lap Lane	Aqua Fitness 9:00a-10:30a *1 Lap Lane	CLOSED FOR TRAINING 11:45a-1:45p	
Lap Swim 10:00a-10:45a *4 Lap Lanes	CHS Swim Team 10:45a-11:45a *1 Lap Lane	Lap Swim 10:00a-10:45a *4 Lap Lanes	Lap Swim 10:00a-10:45a *6 Lap Lanes	CHS Swim Team 10:45a-11:45a *1 Lap Lane	Family Swim 1:45p-4:45p *3 Lap Lanes	
Adult Swim Lesson 10:00a-10:30a		Adult Swim Lesson 10:00a-10:30a	CHS Swim Team 10:45a-11:45a *1 Lap Lane		CHS Swim Team 10:45a-11:45a *1 Lap Lane	
CHS Swim Team 10:45a-11:45a *1 Lap Lane	Lap Swim 11:50a-12:45p *6 Lap Lanes	Lap Swim 11:50a-12:45p *6 Lap Lanes	Lap Swim 11:50a-12:45p *6 Lap Lanes	Lap Swim 11:50a-12:45p *6 Lap Lanes	<p align="center">Fall 2022 Pool Schedule</p> <p>Questions? Please email our Aquatics Director, Amber Tuter, at atuter@ymcadallas.org</p> <p>Pool Hours: Monday-Thursday 6:00a-8:45p Friday 12:00p-7:45p Saturday 7:00a-4:45p Sunday 1:00p-4:45p</p> <p>Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.</p> <p>*Schedule subject to change due to weather, chemicals, programming, etc</p> <p>*If swim lessons are canceled Monday-Thursday, make-up lessons will be held Friday at the same time*</p>	
Lap Swim 11:45a-12:45a *6 Lap Lanes	Lap Swim 11:50a-12:45p *6 Lap Lanes	Lap Swim 11:50a-12:45p *6 Lap Lanes	Lap Swim 11:50a-12:45p *6 Lap Lanes	Lap Swim 11:50a-12:45p *6 Lap Lanes		
CHS Swim Team 12:45a-2:15p *1 Lap Lane	CHS Swim Team 12:45p-2:15p *1 Lap Lane	Coppell HS Practice 12:45a-2:15p *1 Lap Lane	CHS Swim Team 12:45p-2:15p *1 Lap Lane	CHS Swim Team 12:45a-2:15p *1 Lap Lane		
Lap Swim 2:20p-2:45p *6 Lap Lanes	Lap Swim 2:20p-2:45p *6 Lap Lanes	Lap Swim 2:20p-2:45p *6 Lap Lanes	Lap Swim 2:20p-2:45p *6 Lap Lanes	Lap Swim 2:20p-2:45p *6 Lap Lanes		
CHS Swim Team 2:50p-4:10p *1 Lap Lane	CHS Swim Team 2:50p-4:10p *1 Lap Lane	CHS Swim Team 2:50p-4:10p *1 Lap Lane	CHS Swim Team 2:50p-4:10p *1 Lap Lane	CHS Swim Team 2:50p-4:10p *1 Lap Lane		
Cruisers Swim Team 4:30p-8:30p	Cruisers Swim Team 4:30p-8:30p	Cruisers Swim Team 4:30p-8:30p	Cruisers Swim Team 4:30p-8:30p	Cruisers Swim Team 4:30p-7:45p *2 Lap Lanes		
Swim Lessons 5:00p-8:00p *NO LAP LANES	Swim Lessons 5:00p-8:00p *NO LAP LANES	Swim Lessons 5:00p-8:00p *NO LAP LANES	Swim Lessons 5:00p-8:00p *NO LAP LANES	Lap Swim 4:10p-7:45p *2 Lap Lanes		
Lap Swim 8:00p-8:45p *2 Lap Lanes	Lap Swim 8:00p-8:45p *2 Lap Lanes	Lap Swim 8:00p-8:45p *2 Lap Lanes	Lap Swim 8:00p-8:45p *2 Lap Lanes			

IMPORTANT DATES:

*CHS Swim Meet Dates will be: Thursday September 29th, Wednesday October 12th, Tuesday October 25th, and Wednesday November 9th. The pool will be closed 4:00pm-7:00pm these dates.

*Coppell Cruisers Swim Meet Date: October 22nd. The pool will be closed the whole day for this event.

*Lifeguard Training Dates: August 20th, August 27th, September 10th, September 17th, October 1st, October 15th, November 5th, November 19th, December 3rd, and December 19th. The pool will be closed 11:45am-1:45pm on these dates.