



Pool Schedule

Moody Family YMCA



Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am – 4:00 pm Lap Swim	5:30 am – 6:00 am Lap Swim	5:30 am – 4:00 pm Lap Swim	5:30 am – 9:00 am Lap Swim	5:30 am – 9:00 am Lap Swim	7:00 am – 9:00 am Open Swim	2:00 pm – 4:30 pm Lap Swim
	6:00 am – 7:00 am Masters Swim		6:00 am – 7:00 am Masters Swim			
	7:00 am – 9:00 am Lap Swim		7:00 am – 9:00 am Lap Swim			
	9:00 am – 10:00 am Water Fitness (2 lanes available for lap swim)		9:00 am – 10:00 am Water Fitness (2 lanes available for lap swim)	9:00 am – 10:00 am Water Fitness (2 lanes available for lap swim)		
	10:00 am – 4:00 pm Lap Swim		10:00 am – 4:00 pm Lap Swim	10:00 am – 4:00 pm Lap Swim	10 am – 5:30 pm Lap Swim	
4:00 pm – 6:30 pm Swim Team	4:00 pm – 6:30 pm Swim Team	4:00 pm – 6:30 pm Swim Team				
6:30 pm – 8:30 pm Lap Swim	6:30 pm – 7:45 pm Masters Swim	6:30 pm – 8:30 pm Lap Swim	6:30 pm – 7:45 pm Masters Swim	6:30 pm – 8:30 pm Lap Swim		
	6:30 pm – 8:30 pm Lap Swim		6:30 pm – 8:30 pm Lap Swim			

Instructional Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am – 2:00 pm Independent Water Walking PCI	5:30 am – 9:00 am Independent Water Walking PCI	5:30 am – 2:00 pm Independent Water Walking PCI	5:30 am – 9:00 am Independent Water Walking PCI	5:30 am – 9:00 am Independent Water Walking PCI	7:00 am – 9:00 am Open Swim	2:00 pm – 4:30 pm Open Swim
	9:00 am – 10:00 am Water Fitness		9:00 am – 10:00 am Water Fitness		9:00 am – 9:45 am Water Fitness	
	10:00 am – 4:00 pm Independent Water Walking PCI		10:00 am – 4:00 pm Independent Water Walking PCI		10:00 am – 4:00 pm Independent Water Walking PCI	
2:00 pm – 3:00 pm Water Fitness	10:00 am – 4:00 pm Independent Water Walking PCI	2:00 pm – 3:00 pm Water Fitness	10:00 am – 4:00 pm Independent Water Walking PCI	10:00 am – 4:00 pm Independent Water Walking PCI	11:45 am – 5:30 pm Open Swim	
3:00 pm – 4:00 pm Independent Water Walking PCI		3:00 pm – 4:00 pm Independent Water Walking PCI				
4:00 pm – 6:30 pm Swim Lessons <i>No Individual Water Fitness</i>	4:00 pm – 6:30 pm Swim Lessons <i>No Individual Water Fitness</i>	4:00 pm – 6:30 pm Swim Lessons <i>No Individual Water Fitness</i>	4:00 pm – 6:30 pm Swim Lessons <i>No Individual Water Fitness</i>	4:00 pm – 7:30 pm Make-Up Swim Lessons Independent Water Walking PCI		
6:30 pm – 7:30 pm Water Fitness	6:30 pm – 7:30 pm Water Fitness	6:30 pm – 7:30 pm Water Fitness	6:30 pm – 7:30 pm Water Fitness			
7:30 pm – 8:30 pm Independent Water Walking PCI	7:30 pm – 8:30 pm Independent Water Walking PCI	7:30 pm – 8:30 pm Independent Water Walking PCI	7:30 pm – 8:30 pm Independent Water Walking PCI			

The pool is subject to change. Pool usage may be altered to accommodate need.

* PCI = parent child interaction w/ 1:1 ratio

(214) 526-729 www.moodyfamilyymca.org

For more information contact Steve Sapien, Aquatics Director, at ssapien@ymcadallas.org

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

Safe Pools Have Rules

- Have fun and be safe.
- Breath-Holding activities are not permitted in YMCA pools.
- Shower before entering the pool.
- Proper swimming attire must be worn at all times.
- Only Coast Guard approved flotation is allowed.
- Glass containers and food are not permitted on the pool deck.
- All kids under 15 are required to take a swim test before entering the water.
- Diving is not permitted.
- Persons with bandages, open cuts and/or open wounds are not permitted in the pool.
- Walk while on deck, unsafe behavior is determined by the lifeguard.
- Always obey Lifeguards. Their word is final.



Visit us online for more information!

Swim Lessons

Group Lessons

In our group lessons participants are grouped based on their swim abilities and sometimes their age.

4 Weeks • 2x Week • 8 Lessons (30 min)
Mon/Wed or Tue/Thu

4 Weeks • 1x Week • 4 Lessons (30 min)
Saturdays Only

Private Lessons

Private lessons are available for all skill levels and provides a good option for those looking to progress or refine skills quickly.

2 Weeks • 2x Week • 4 Lessons (30 min)
Mon-Fri (*availability varies*)

4 Weeks • 1x Week • 4 Lessons (30 min)
Saturdays Only (*upon request*)

Semi-Private Lessons

Semi-Private lessons are available for all skill levels and provides a good option for multiple participants to learn in a smaller group setting. Recommended for siblings.

2 Weeks • 2x Week • 4 Lessons (30 min)
Mon-Fri (*availability varies*)

4 Weeks • 1x Week • 4 Lessons (30 min)
Saturdays Only (*upon request*)