



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:00a-6:00a 6 Lap Lanes	Lap Swim 5:00a-6:00a 6 Lap Lanes	Lap Swim 5:00a-6:00a 6 Lap Lanes	Lap Swim 5:00a-6:00a 6 Lap Lanes	Lap Swim 5:00a-6:00a 6 Lap Lanes	Lap Swim 7:00a-8:00a 6 Lap Lanes	Lap Swim 1pm-2pm 6 Lap Lanes
Cruisers Swim Team 6a - 8:30a 2 Lap Lanes	Cruisers Swim Team 6a - 8:30a 2 Lap Lanes	Cruisers Swim Team 6a - 8:30a 2 Lap Lanes	Cruisers Swim Team 6a - 8:30a 2 Lap Lanes	Cruisers Swim Team 6a - 8:30a 2 Lap Lanes	Aqua Fitness 8:00a - 9:00a *1 Lap Lane	Aqua Fitness 2pm-2:45pm 1 Lap Lane
Aqua Fitness 9:00a-9:45a NO LAP LANES	Aqua Fitness 9:00a-9:45a NO LAP LANES	Aqua Fitness 9:00a-9:45a NO LAP LANES	Aqua Fitness 9:00a-9:45a NO LAP LANES	Aqua Fitness 9:00a-9:45a NO LAP LANES	Swim Lessons 9:00a-11:45a 1 Lap Lane	Family Swim 2:45p-4:45pm
	Aqua Fitness 9:45a-10:30a NO LAP LANES			Aqua Fitness 9:45a-10:30a 2 Lap Lanes	Special Olympics 12:30p-2p 1 Lap Lane	
Swim Lessons 9:00a-11:45a *2 Lap Lanes	Swim Lessons 9:00a-11:45a *2 Lap Lanes	Swim Lessons 9:00a-11:45a *2 Lap Lanes	Swim Lessons 9:00a-11:45a *2 Lap Lanes	Lap Swim 9:45a-12:30p 6 Lap Lanes	Family Swim 2:00p-4:45p *3 Lap Lane	
CLOSED FOR TRAINING 12pm-1pm	Lap Swim 11:45a-12:30p 3 Lap Lanes	Lap Swim 11:45a-12:30p 3 Lap Lanes	Lap Swim 11:45a-12:30p 3 Lap Lanes	Day Camp Swim 12:30p-3:30p 1 Lap Lane	<p><b>Summer 2023 Pool Schedule</b></p> <p>Questions? Please email our Aquatics Director, Amber Tuter, at <a href="mailto:atuter@ymcadallas.org">atuter@ymcadallas.org</a></p> <p>Pool Hours: Monday-Thursday 5:00a-8:45p Friday 5a-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><i>*Schedule subject to change due to weather, chemicals, programming, etc</i></p> <p><i>*If swim lessons are canceled Monday-Thursday, make-up lessons will be held Friday at the same time*</i></p>	
Family Swim 1:00p-5:00p 3 Lap Lanes	Day Camp Swim 12:30p-3:30p 1 Lap Lane	Day Camp Swim 12:30p-3:30p 1 Lap Lane	Day Camp Swim 12:30p-3:30p 1 Lap Lane	Family Swim 3:30p-7:45p 3 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	Swim Lessons 5:10p-7:45p NO LAP LANES	Cruisers Swim Team 5:00p - 7:15p 1 Lap Lane		
Cruisers Swim Team 5:00p - 7:15p NO LAP LANES	Cruisers Swim Team 5:00p - 6:30p NO LAP LANES	Cruisers Swim Team 5:00p - 7:15p NO LAP LANES	Cruisers Swim Team 5:00p - 6:30p NO LAP LANES	Family Swim 5:00p-7:45p 1 Lap Lane		
Lap Swim 7:15p-8:45p 1 Lap Lane	Lap Swim 6:30p-8:45p 1 Lap Lanes	Lap Swim 7:15p-8:45p 1 Lap Lanes	Lap Swim 6:30p-8:45p 1 Lap Lane			

For updates about the pool please text @coppellaq to 81010 to sign up for our Remind app!  
Monday, Wednesday, and Thursday lap swim starts at 10am. Tuesday Lap Swim starts at 10:30am.