



## KEEPING YOU ACTIVE AND CONNECTED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				CLOSED FOR TRAINING	Aqua Fitness 8:30am-9:30am NO LAP LANES	Family Swim 1p-4:45p 3 Lap Lanes
Swim Lessons 9a-12:00p 3 Lap Lanes	Swim Lessons 9a-12:00p 3 Lap Lanes	Swim Lessons 9a-12:00p 3 Lap Lanes	Swim Lessons 9a-12:00p 3 Lap Lanes	Camp Lobos 11:30a-3:00p NO LAP LANES	Swim Lessons 9:45am-12pm 3 Lap Lanes	
Camp Yipiyuk 12p-1:45p NO LAP LANES	Camp Yipiyuk 12p-1:45p NO LAP LANES	Camp Yipiyuk 12p-1:45p NO LAP LANES	Camp Yipiyuk 12p-1:45p NO LAP LANES	Denton Camp 2p-4p NO LAP LANES	Family Swim 3pm-5pm Lap Lanes	<p style="text-align: center;"><b><u>Cross Timbers</u></b> <b><u>Summer 2023 Pool</u></b> <b><u>Schedule</u></b></p> <p>Questions? Please email our Aquatics Director, Luke Mock, <a href="mailto:lmock@ymcadallas.org">lmock@ymcadallas.org</a></p> <p>Pool Hours: Mon and Wed 9:00am-8:15pm Tues and Thurs 8:30am-7:15pm Friday 3:00pm-7:15pm Saturday 8:30a-3:45p 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 style="color: red;">*Schedule subject to change due to weather, chemicals, programming, etc</p> <p style="color: red;">*If swim lessons are canceled Monday-Thursday, make-up lessons will be held Friday at the same time*</p>
Family Swim 2pm-5pm 3 Lap Lanes	Family Swim 2pm-5pm 3 Lap Lanes	Family Swim 2pm-5pm 3 Lap Lanes	Family Swim 4pm-5pm 3 Lap Lanes	Cruisers Swim Practice 5pm-7:15pm 1 Lap Lane	Family Swim 12pm-3:45pm 3 Lap Lanes	
Swim Lessons 5:00p-7:00p 1 Lap Lane	Swim Lessons 5:00p-7:00p 1 Lap Lane	Swim Lessons 5:00p-7:00p 1 Lap Lane	Swim Lessons 5:00p-7:00p 1 Lap Lane	Family Swim 5pm-7:15pm 1 Lap Lane		
Cruisers Swim Practice 5pm-7:45pm 1 Lap Lane	Cruisers Swim Practice 5pm-6:30pm 1 Lap Lane	Cruisers Swim Practice 5pm-7:15pm 1 Lap Lane	Cruisers Swim Practice 5pm-6:30pm 1 Lap Lane			
Aqua Fitness 7:15p-8:15p NO LAP LANES		Aqua Fitness 7:15p-8:15p NO LAP LANES				