



# Pool Schedule

Moody Family YMCA



## Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 am – 9:00 am Lap Swim	5:30 am – 6:00 am Lap Swim	5:30 am – 9:00 am Lap Swim	5:30 am – 6:00 am Lap Swim	5:30 am – 9:00 am Lap Swim	7:00 am – 9:00 am Open 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 <small>(2 lanes available for lap swim)</small>	9:00 am – 10:00 am Water Fitness <small>(2 lanes available for lap swim)</small>	9:00 am – 10:00 am Water Fitness <small>(2 lanes available for lap swim)</small>	9:00 am – 10:00 am Water Fitness <small>(2 lanes available for lap swim)</small>	9:00 am – 10:00 am Water Fitness <small>(2 lanes available for lap swim)</small>	9:00 am – 10:00 am Water Fitness <small>(2 lanes available for lap swim)</small>		
10:00 am – 4:00 pm Lap Swim	10:00 am – 4:00 pm Lap Swim	10:00 am – 4:00 pm Lap Swim	10:00 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	4:00 pm – 6:30 pm Swim Team	4:00 pm – 6:30 pm Swim Team			2:00 pm – 5:00 pm Lap Swim
6:30 pm – 8:30 pm Lap Swim	6:30 pm – 7:30 pm Masters Swim	6:30 pm – 8:30 pm Lap Swim	6:30 pm – 7:30 pm Masters Swim	6:30 pm – 7:30 pm Lap Swim			
	7:30 pm – 8:30 pm Lap Swim		7:30 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	
	9:00 am – 10:00 am Water Fitness		9:00 am – 10:00 am Water Fitness	9:00 am – 10:00 am Water Fitness	9:00 am – 9:45 am Water Fitness	
	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	
3:00 pm – 4:00 pm Independent Water Walking PCI		2:00 pm – 3:00 pm Water Fitness		3:00 pm – 4:00 pm Independent Water Walking PCI		
4:00 pm – 6:30 pm Swim Lessons Open Swim	4:00 pm – 6:30 pm Swim Lessons Open Swim	4:00 pm – 6:30 pm Swim Lessons Open Swim		4:00 pm – 6:30 pm Swim Lessons Open Swim		
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	2:00 pm – 5:00 pm Open Swim		
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](http://www.moodyfamilyymca.org) For more information contact George Garrido, Aquatics Director, at ggarrido@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

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

### **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

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