



J.E.R. CHILTON YMCA AT ROCKWALL

POOL SCHEDULE - SPRING 2024

LAP SWIM AND AQUA FITNESS CLASSES
REQUIRE RESERVATIONS

Pool usage may be altered to meet program needs.

	MON	TUE	WED	THU	FRI	SAT	SUN
LAP SWIM	5a - 1p & 7 - 9p					7a - 5p	1 - 5p
FAMILY SWIM	11:30a - 1:00p				11:30a - 1:00p & 6:30 - 8p	1 - 5p	1 - 5p
MASTER SWIM	5-6:15a		5-6:15a			7- 8:30a	
SWIM LESSONS	10 - 11:15a & 6 - 8p				Make-up Lessons	9a - 12p	
AQUA FITNESS	9:15 - 10a & 10:15 - 11a						
SWIM TEAM	4-6:30p	6-8:30a & 4-6:30p	4-6:30p	6-8:30a & 4-6:30p	4-6:30p		

SPLASH INTO FUN!

Our pool is 25 yards and 6 lanes, guarded by certified YMCA Lifeguards.

Schedule changes are seasonal and based on program needs.

Please shower before entering the pool and review the water safety rules.

LAP SWIM is available according to the pool schedule. Lane sharing may be required. Lap lanes are not available to swimmers under age 10 unless with swim team or swim lessons.

- Ages 10 & Older: May use the pool without adult supervision and during lap swim times. Swim test required.

FAMILY SWIM is available to YMCA Members only.

- A swim test is required for all children under age 14 each time. Please see a lifeguard for your swim test.
- Ages 10 & older: May use the pool without adult supervision and during lap swim times. Swim test required.
- Ages 8-9: May use the pool during Open Swim times under the direct supervision of a responsible guardian 14 years or older. Swim test required.
- Ages 0-7: Must have direct supervision at all times. And may only swim during Family Swim time. Children 3 and younger must have a parent in the water. Swim test required.
- All "non-Swimmers" will be provided with and must wear a correctly sized, Coast Guard approved PFD (unless directly working one-on-one with a parent/guardian).
- Family swim is not available if there are make-up swim lessons, swim meets or special occasions.

TO MAKE RESERVATIONS AND SIGN UP FOR SWIM LESSONS SCAN HERE:



**YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.
The YMCA is a 501(c)(3) non-profit organization. Financial Assistance is available.**