



# J.E.R. CHILTON YMCA AT ROCKWALL SUMMER 2024-POOL SCHEDULE

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**

Morning: 5:00 - 6:00a & Afternoon: 3:00 - 6:00p

7a - 5p

1 - 5p

**FAMILY  
SWIM**

11:30a - 1:00p & 3:00 - 5:00p

11:30a - 1  
6:30 -8p

1 - 5p

1 - 5p

**MASTER  
SWIM**

5-6:15a

5-6:15a

7- 8:30a

**SWIM  
LESSONS**

9:00a - 11:45a & 5:00 - 7:30p

9a - 12p

**AQUA  
FITNESS**

9:15 - 10:00a & 10:15 - 11:00a  
(Max 20 per class)

**SWIM  
TEAM**

Morning: 6:00 - 9:15a

# 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 501c(3) non-profit organization. Financial Assistance is available.**