

White Rock YMCA Summer Pool Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap
5AM-9AM Water Walking	5AM-7AM Lap Swim(4)	5AM-9AM Water Walking	5AM-7AM Lap Swim(4)	5AM-9AM Water Walking	5AM-7AM Lap Swim(4)	5AM-9AM Water Walking	5AM-7AM Lap Swim(4)	5AM-9AM Water Walking	5AM-7AM Lap Swim(4)	7AM-9AM Water Walking	7AM-9AM Lap Swim(4)	1PM-4:45PM Family Swim	1PM-4:45PM Lap Swim
	7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes	9AM-9:45AM Aqua Fitness	9AM-12PM Lap Swim(2)		
9AM-5PM Family Swim	9AM-12PM Swim Lessons	10AM-10:45AM Aqua Fitness	9AM-10AM Lap Swim(4)	9AM-5PM Family Swim	9AM-12PM Swim Lessons	9AM-12PM Swim Lessons	9AM-12PM Lap Swim(4)	9AM-2PM Family Swim	9AM-12PM Swim Lessons	9:45AM-12PM Swim Lessons		12PM-5:45PM Lap Swim(4)	
		10:45AM-12PM Swim Lessons	10AM-12PM Lap Swim(2)										
	12PM-2PM Lap Swim (2)	12PM-1PM In-Service Pool Closed				12PM-2PM Lap Swim(2)			12PM-1PM Lap Swim(2)		12PM-2PM Lap Swim		
	2PM-4PM Lap Swim (4)	1PM-9PM Family Swim	1PM-4PM Lap Swim(4)		2PM-4PM Lap Swim(4)	12PM-9PM Family Swim	1PM-4PM Lap Swim(4)	2PM-4PM Day Camp Swim Pool Closed		12PM-5:45PM Family Swim			
			4PM-5PM Lap Swim(3)		4PM-5PM Lap Swim(3)			4PM-5PM Lap Swim(3)			4PM-5PM Lap Swim(4)		
5PM-9PM Swim Lessons	4PM-5PM Lap Swim (3)			5PM-9PM Swim Lessons	5PM-9PM Lap Swim(4)		5PM-9PM Swim Lessons	4PM-8PM Family Swim	5PM-8PM Lap Swim(2)	6:30PM-8:30PM Pool is available for private parties.			
	5PM-9PM Lap Swim (4)												

Summer Pool Schedule, subject to change for special events and YMCA Programming. Call to check pool availability 214-328-3849

- Lap lane will be used for swim tests periodically throughout the day. A 5-minute Safety Break occurs every 2 hours beginning at 2:00pm. This is a good time to take children to the bathroom and reapply sunscreen.
- Aqua Fitness: MINDBODY RESERVATIONS REQUIRED.
- Look for posted signs describing schedule changes, especially during holidays. Follow us on social media for updates.
- Swim Tests are required for all youth swimmers - please visit the guard tent.
- Available lap lanes are noted in parentheses.

For more information email WRAquatics@ymcadallas.org or visit www.whiterockymca.org

Effective June 20th, 2024