



Lake Highlands Family YMCA

SPRING 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The mission of the YMCA is to put Christian values into practice through programs that build healthy spirit, mind and body for all.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Family Pool	Lap Pool	Family Pool	Lap Pool	Family Pool	Lap Pool	Family Pool	Lap Pool	Family Pool	Lap Pool	Family	Lap	Family	Lap
5:30-8:30am INDIVIDUAL WATER WALK/PCI	5:30am-2:00pm LAP SWIM	5:30-8:00am INDIVIDUAL WATER WALK/PCI	5:30-8am LAP SWIM	5:30-8:30am INDIVIDUAL WATER WALK/PCI	5:30am-2:00pm LAP SWIM	5:30-8:00am INDIVIDUAL WATER WALK/PCI	5:30-8am LAP SWIM	5:30-8:30am INDIVIDUAL WATER WALK/PCI	5:30am-2:00pm LAP SWIM	7-8:30am INDIVIDUAL WATER WALK/PCI	7am-5:30pm LAP SWIM	1-5:30pm FAMILY SWIM	1-5:30pm LAP SWIM
☆ 8:30-10:15am Water Fitness classes		☆ 8-10am Water Fitness classes	☆ 8-9am Aqua Fitness	☆ 8:30-9:30am Aqua Fitness		☆ 8-9am Water Fitness classes	☆ 8-9am Aqua Fitness	☆ 8:30-10:15am Water Fitness Classes		☆ 8:30-9:30am Aqua Fitness			
10:15am-12:15pm INDIVIDUAL WATER WALK/PCI		10am-12:00pm SWIM LESSONS /WATER WALK	9am-2:00pm LAP SWIM	9:30am-12:15pm INDIVIDUAL WATER WALK/PCI		9am-12:00pm SWIM LESSONS /WATER WALK	9am-2:00pm Lap Swim	10:15am-12:15pm INDIVIDUAL WATER WALK/PCI		12:15-2:00pm OPEN SWIM			
12:15-2:00pm OPEN SWIM		12:15-2:00pm OPEN SWIM		12:15-2:00pm OPEN SWIM		12:15-2:00pm OPEN SWIM		12:15-2:00pm OPEN SWIM		12:15-2:00pm OPEN SWIM			
POOL IS CLOSED FROM 2:00-4:30 *M/W/F Pool opens at 4 PM*													
4:00-4:30 pm OPEN SWIM	4:00-8:30pm Lap Swim (one lane) & 4:30 pm Swim Team Practice	4:30-7pm SWIM LESSONS ONLY	4:30-8:30pm Lap Swim	4:00-4:30 pm OPEN SWIM	4:00-8:30pm Lap Swim (one lane) & 4:30 pm Swim Team Practice	4:30-7pm SWIM LESSONS ONLY	4:30-8:30pm Lap Swim (one lane) & Swim Team Practice	4:30-7pm SWIM LESSONS ONLY	4:00-7:30pm FAMILY SWIM	4:00-7:30pm Lap Swim (one lane) & Swim Team Practice	12:00-5:30pm FAMILY SWIM	7am-5:30pm LAP SWIM	
4:30-7pm SWIM LESSONS ONLY		☆ 7-8pm Aqua Zumba		LIFEGUARD INSERVICE 1st & 3rd Wednesday 7:00-8:30pm (OPEN SWIM OFF NIGHTS)		7-8pm Aqua Fitness		8-8:30pm INDIVIDUAL WATER FITNESS & PCI					
☆ 7-8pm Aqua Fitness		8-8:30pm INDIVIDUAL WATER FITNESS & PCI											
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There is NO water walk or recreational swim during Swim Lessons.

MAKE UP LESSONS WILL BE HELD ON FRIDAYS

☆ For Aquatic class name and description see the Lake Highlands Family YMCA class schedule for details

The slide and mushroom will be turned on during FAMILY swim only.

Lap swim includes water walking, senior swim, and therapeutic swim.

Lap swimmers must circle swim when all lap lanes are occupied. Be courteous to other lap swimmers when sharing.

**One lap lane reserved depending on program capacity. PCI: Parent Child Interaction 1:1 Ratio

ALL RED BAND SWIMMERS MUST WEAR A LIFEJACKET (OR BE WITHIN ARMS REACH OF AN ADULT) DURING OPEN/FAMILY SWIM

8920 Stults Road, Dallas, Texas 75243 / 214-221-9622 / www.lakehighlandsymca.org

Pool usage may be altered to accommodate need: Lifeguard and other aquatic training will be held as necessary