FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFE SWIM SAVES LIVES

Indoor Pool Schedule

December 3, 2018- February 24, 2019

Pool usage may be altered to accommodate needs during special events, aquatics trainings, and inclement weather.
Lap swim includes water walking, senior swim, and therapeutic swim.
Look for posted signs describing schedule changes, especially during holidays.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 7:00 am Master's Swim Lap Swim	5:00 - 7:00 am Tri Swim Lap Swim	5:00 - 7:00 am Master's Swim Lap Swim	5:00 - 7:00 am Tri Swim Lap Swim	5:00 - 7:00 am Master's Swim Lap Swim		
7:00 - 8:00am Water Volleyball & Lap Swim	7:00-8:00am Mark's Stroke Clinic & Lap Swim	7:00-8:00am Water Volleyball & Lap Swim	7:00-8:00am Mark's Stroke Clinic & Lap Swim	7:00-8:00am Water Volleyball & Lap Swim	7:00 - 8:00am Lap Swim	
8:00 - 10:00am Aqua Fit* & Lap Swim	8:00 - 10:00am Aqua Fit* & Lap Swim	8:00 - 10:00am Aqua Fit* & Lap Swim	8:00 - 10:00am Aqua Fit* & Lap Swim	8:00 - 10:00am Aqua Fit* & Lap Swim	8:00 - 9:50am Aqua Fit* & Lap Swim	
10:00 - 10:50am Aqua Joint* & Lap Swim	10:00 - 10:50am Aqua Joint* & Lap Swim	10:00 - 10:50am Aqua Joint* & Lap Swim	10:00 - 10:50am Aqua Joint* & Lap Swim	10:00 - 10:50am Aqua Joint* & Lap Swim	9:50am - 1:00pm Swim Lessons & Lap Swim*	
10:50am-12:00pm Lap Swim	10:50am-12:00pm Lap Swim	10:50am-12:00pm Lap Swim	10:50am-12:00pm Lap Swim	10:50am-12:00pm Lap Swim		
12:00-1:00pm Master's Swim	12:00-1:00pm Master's Swim	12:00-1:00pm Master's Swim	12:00-1:00pm Master's Swim	12:00-1:00pm Master's Swim	1:00 - 6:00pm Lap Swim & Family Swim	1:00 - 6:00pm Lap Swim & Family Swim
1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim	1:00-2:00pm Lap Swim		
2:00-2:50pm Aqua Joint Adventure* & Lap Swim	2:00-2:50pm Aqua Fit Deep* & Lap Swim	2:00-2:50pm Aqua Joint Adventure* & Lap Swim	2:00-2:50pm Aqua Fit Deep* & Lap Swim	2:00-2:50pm Aqua Joint Adventure* & Lap Swim		
2:50 - 4:00pm Lap Swim & Private Lessons	2:50 - 4:00pm Lap Swim & Private Lessons	2:50 - 4:00pm Lap Swim & Private Lessons	2:50 - 4:00pm Lap Swim & Private Lessons	2:50 - 4:00pm Lap Swim & Private Lessons		
4:00 - 6:30pm Swim Lessons & Swim Team (Lap Swim if space available)	4:00 - 6:30pm Swim Lessons & Swim Team (Lap Swim if space available)	4:00 - 6:30pm Swim Lessons & Swim Team (Lap Swim if space available)	4:00 - 6:30pm Swim Lessons & Swim Team (Lap Swim if space available)	4:00 - 6:30pm Swim Lessons & Swim Team (Lap Swim if space available)		
6:30 - 7:45pm Aqua Fit Deep Lap Swim	6:30 - 7:45pm Aqua Fit Lap Swim	6:30 - 7:45pm Swim Lessons Aqua Fit Lap Swim	6:30 - 7:45pm Swim Lessons Aqua Fit Deep Lap Swim	6:30 - 8:00pm Lap Swim & Family Swim		
7:45 - 9:00pm Lap Swim	7:45 - 9:00pm Lap Swim	7:45 - 9:00pm Lap Swim	7:45 - 9:00pm Lap Swim	`		

Lap swimmers must share lanes when all lap lanes are occupied. Please be courteous to other lap swimmers when sharing lanes.

***During Water Exercise Classes, Lap Swim will be made available when the following conditions apply:**
Up to 10 participants-3 Lap Lanes, 11-20 participants–2 Lap Lanes, 21 or more participants–1 Lap Lane.

Town North Family YMCA 4332 Northaven Rd. Dallas, TX 75229
Phone 214-357-8431 Fax 214-357-2986 www.townnorthymca.org