

Pool Schedule

Moody YMCA



Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 9:00am Lap Swim	5:30am - 6:00am Lap Swim	5:30am - 9:00am Lap Swim	5:30am - 6:00am Lap Swim	5:30am - 9:00am Lap Swim	7:00am - 9:00am Lap Swim	
	6:00am - 7:00am Masters Swim		6:00am - 7:00am Masters Swim			
	7:00am - 9:00am Lap Swim		7:00am - 9:00am Lap Swim			
9:00am - 10:00am Water Fitness (2 lanes available for lap swim)	9:00am - 10:00am Water Fitness (2 lanes available for lap swim)	9:00am - 10:00am Water Fitness (2 lanes available for lap swim)	9:00am - 10:00am Water Fitness (2 lanes available for lap swim)	9:00am - 10:00am Water Fitness (2 lanes available for lap swim)	9:00am - 10:00am Water Fitness (2 lanes available for lap swim)	
10:00am - 4pm Lap Swim	10:00am - 4pm Lap Swim	10:00am - 4pm Lap Swim	10:00am - 4pm Lap Swim	10:00am - 4pm Lap Swim	10:00am - 5:30pm Lap Swim	2:00pm - 5:30pm Lap Swim
4:00pm - 7:00pm Swim Team	4:00pm - 6:30pm Swim Team	4:00pm - 7:00pm Swim Team	4:00pm - 6:30pm Swim Team	4:00pm - 7:00pm Swim Team		
7:00pm - 8:30pm Lap Swim	6:30pm - 7:30pm Masters Swim	7:00pm - 8:30pm Lap Swim	6:30pm - 7:30pm Masters Swim	7:00pm - 7:30pm Lap Swim		
	7:30pm - 8:30pm Lap Swim		7:30pm - 8:30pm Lap Swim			

Instructional Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30am - 9:00am Independent Water Walking PCI	5:30am - 9:00am Independent Water Walking PCI	5:30am - 9:00am Independent Water Walking PCI	5:30am - 9:00am Independent Water Walking PCI	5:30am - 9:00am Independent Water Walking PCI	7:00am - 8:00am Open Swim		
9:00am - 10:00am Water Fitness	9:00am - 10:00am Water Fitness	9:00am - 10:00am Water Fitness	9:00am - 10:00am Water Fitness	9:00am - 10:00am Water Fitness	8:00am - 10:00am Water Fitness		
10:00am - 2pm Independent Water Walking PCI	10:00am - 4:00pm Independent Water Walking PCI	10:00am - 2pm Independent Water Walking PCI	10:00am - 4:00pm Independent Water Walking PCI	10:00am - 2pm Independent Water Walking PCI	10:00am - 12:30pm Swim Lessons No Independent Water Walking		
2:00pm - 3:00pm Water Fitness		2:00pm - 3:00pm Water Fitness		2:00pm - 3:00pm Water Fitness	2:00pm - 3:00pm Water Fitness	10am - 5:30pm Open Swim	2:00pm - 5:30pm Open Swim
3:00pm - 3:50 pm Independent Water Walking PCI		3:00pm - 3:50 pm Independent Water Walking PCI		3:00pm - 3:50 pm Independent Water Walking PCI	3:00pm - 3:50 pm Independent Water Walking PCI		
3:50pm - 6:30pm Swim Lessons No Independent Water Walking	3:50pm - 6:30pm Swim Lessons No Independent Water Walking	3:50pm - 6:30pm Swim Lessons No Independent Water Walking	3:50pm - 6:30pm Swim Lessons No Independent Water Walking	3:00pm - 7:30pm Make-Up Swim Lessons Independent Water Walking PCI			
6:30pm - 7:15pm Water Fitness	6:30pm - 7:15pm Water Fitness	6:30pm - 7:15pm Water Fitness	6:30pm - 7:15pm Water Fitness	6:30pm - 7:15pm Water Fitness			
7:15pm - 8:30pm Independent Water Walking PCI	7:15pm - 8:30pm Independent Water Walking PCI	7:15pm - 8:30pm Independent Water Walking PCI	7:15pm - 8:30pm Independent Water Walking PCI	7:15pm - 8:30pm Independent Water Walking PCI			

The pool schedule is subject to change. Pool usage may be altered to accommodate need.

(214) 526-7293 www.moodyfamilyymca.org For more information contact George Garrido, Aquatics Director, at ggarrido@ymcadallas.org

* PCI = parent child interaction w/ 1:1 ratio

Safe Pools Have Rules

- Have fun and be safe.
- Breath-Holding activities are not permitted in YMCA pools.
- Shower before entering the pool.
- Proper swimming attire must be worn at all times.
- Only Coast Guard approved flotation is allowed.
- Glass containers and food are not permitted on the pool deck.
- All kids under 15 are required to take a swim test before entering the water.
- Diving is not permitted.
- Persons with bandages, open cuts and/or open wounds are not permitted in the pool.
- Walk while on deck, unsafe behavior is determined by the lifeguard.
- Always obey Lifeguards. Their word is final.

Visit us online for more information!

Swim Lessons

Group Lessons

In our group lessons participants are grouped based on their swim abilities and sometimes their age.

4 Weeks ○ 2x Week ○ 8 Lessons (30 min)
Mon/Wed or Tue/Thu

4 Weeks ○ 1x Week ○ 4 Lessons (30 min)
Saturdays Only

Private Lessons

Private lessons are available for all skill levels and provides a good option for those looking to progress or refine skills quickly.

2 Weeks ○ 2x Week ○ 4 Lessons (30 min)
Mon-Fri

4 Weeks ○ 1x Week ○ 4 Lessons (30 min)
Saturdays Only

Semi-Private Lessons

Semi-Private lessons are available for all skill levels and provides a good option for multiple participants to learn in a smaller group setting. Recommended for siblings.

2 Weeks ○ 2x Week ○ 4 Lessons (30 min)
Mon-Fri

4 Weeks ○ 1x Week ○ 4 Lessons (30 min)
Saturdays Only