

## 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 - 6:00am Masters Swim	5:30am - 9:00am Lap Swim	5:30am - 6:00am Lap Swim	5:30am - 9:00am Masters Swim	5:30am - 9:00am Lap 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 - 5:00pm 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 - 4pm Lap Swim	10:00am - 5:00pm 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	4:00pm - 7:00pm Swim Team	4:00pm - 7:00pm Swim Team		
7:00pm - 8:30pm Lap Swim	6:30pm - 7:30pm Swim	7:00pm - 8:30pm Lap Swim	6:30pm - 7:30pm Swim	7:00pm - 8:30pm Lap Swim	6:30pm - 7:30pm Swim	7:00pm - 7:30pm 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	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	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 - 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	2:00pm - 3:00pm Water Fitness	2:00pm - 3:00pm Water Fitness	2:00pm - 3:00pm Water Fitness		
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	3:00pm - 3:50 pm Independent Water Walking PCI	3:00pm - 3:50 pm Independent Water Walking PCI	3:00pm - 7:30pm Make-Up Swim Lessons Independent Water Walking PCI	10am - 5:00pm Open Swim	2:00pm - 5:00pm Open Swim
3:50pm - 6:30pm Swim Lessons	3:50pm - 6:30pm Swim Lessons	3:50pm - 6:30pm Swim Lessons	3:50pm - 6:30pm Swim Lessons	3:50pm - 6:30pm Swim Lessons	3:50pm - 6:30pm Swim Lessons			
No Independent Water Walking	No Independent Water Walking	No Independent Water Walking	No Independent Water Walking	No Independent Water Walking	No Independent Water Walking			
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	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	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