



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# MOODY FAMILY YMCA

## Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30am - 9am Lap Swim	5:30am - 6am Lap Swim	5:30am - 9am Lap Swim	5:30am - 6am Lap Swim	5:30am - 9am Lap Swim	Pool Closed	Pool Closed	
	6am - 7am Masters Swim		6am - 7am Masters Swim				
	7am - 9am Lap Swim		7am - 9am Lap Swim		7am - 9am Lap Swim		
9am - 10am Water Fitness <i>3 lanes available</i>	9am - 10am Water Fitness <i>2 lanes available</i>	9am - 10am Water Fitness <i>3 lanes available</i>	9am - 10am Water Fitness <i>2 lanes available</i>	9am - 10am Water Fitness <i>3 lanes available</i>	9am - 10am Water Fitness <i>2 lanes available</i>		
10am - 4pm Lap Swim	10am - 4pm Lap Swim	10am - 4pm Lap Swim	10am - 4pm Lap Swim	10am - 4pm Lap Swim	10am - 5:30pm Lap Swim		2pm - 5pm Lap Swim
4pm - 7pm Swim Team	4pm - 6:30pm Swim Team	4pm - 7pm Swim Team	4pm - 6:30pm Swim Team	4pm - 7pm Swim Team	Pool Closed		Pool Closed
7pm - 8:30pm Lap Swim	6:30pm - 7:30pm Masters Swim	7pm - 8:30pm Lap Swim	6:30pm - 7:30pm Masters Swim	7pm - 8:30pm Lap Swim			
	7:30pm - 8:30pm Lap Swim		7:30pm - 8:30pm Lap Swim				

Pool hours are subject to change for holidays, special events, or program needs.

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind, and body for all.



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## Instructional Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 9am Independent Water Walking PCI	5:30am - 9am Independent Water Walking PCI	5:30am - 9am Independent Water Walking PCI	5:30am - 9am Independent Water Walking PCI	5:30am - 9am Independent Water Walking PCI	Pool Closed	Pool Closed
					7am - 8am Open Swim	
9am - 10am Water Fitness	9am - 10am Water Fitness	9am - 10am Water Fitness	9am - 10am Water Fitness	9am - 10am Water Fitness	8am - 10am Water Fitness	Pool Closed
10am - 2pm Independent Water Walking PCI	10am - 4pm Independent Water Walking PCI	10am - 2pm Independent Water Walking PCI	10am - 4pm Independent Water Walking PCI	10am - 2pm Independent Water Walking PCI	10am - 12:30pm Swim Lessons <i>No water walking</i>	Pool Closed
2pm - 3pm Water Fitness		2pm - 3pm Water Fitness		2pm - 3pm Water Fitness	2pm - 3pm Water Fitness	
3pm - 3:50pm Independent Water Walking PCI		3pm - 3:50pm Independent Water Walking PCI		3pm - 7:30pm Independent Water Walking PCI		2pm - 5pm Open Swim
4pm - 6:30pm Swim Lessons <i>No water walking</i>	4pm - 6:30pm Swim Lessons <i>No water walking</i>	4pm - 6:30pm Swim Lessons <i>No water walking</i>	4pm - 6:30pm Swim Lessons <i>No water walking</i>	Make-up swim lessons, as needed	Pool Closed	Pool Closed
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	Pool Closed		

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\*PCI = parent/child interaction with 1:1 ratio