

White Rock YMCA Summer Pool Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday										
Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap	Family	Lap									
5AM-8AM Water Walking	5AM-7AM Lap Swim(4)	5AM-8AM Water Walking	5AM-7AM Lap Swim(4)	5AM-8AM Water Walking	5AM-7AM Lap Swim(4)	5AM-8AM Water Walking	5AM-7AM Lap Swim(4)	5AM-8AM Water Walking	5AM-7:45PM Lap Swim(4)	7AM-9AM Water Walking	7AM-9AM Lap Swim(4)	1PM-4:45PM Family Swim	1PM-4:45PM Lap Swim(4)									
	7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes		7AM-9AM Swim Team No Lap Lanes			9AM-9:45AM Aqua Fitness	9AM-12PM Lap Swim(1)											
9AM-12PM Swim Lessons	9AM-12PM Swim Lessons Lap Swim (2)	9AM-12PM Swim Lessons	9AM-12PM Swim Lessons Lap Swim (3)	8AM-8:45AM Aqua Fitness	9AM-12PM Swim Lessons Lap Swim (3)	9AM-12PM Swim Lessons	9AM-12PM Swim Lessons Lap Swim (3)	9AM-7:45PM Family Swim		9:45AM-12PM Swim Lessons				9AM-12PM Lap Swim(1)	1PM-4:45PM Family Swim	1PM-4:45PM Lap Swim(4)						
				9AM-12PM Swim Lessons							9AM-12PM Swim Lessons Lap Swim (3)						9AM-12PM Swim Lessons	9AM-12PM Swim Lessons Lap Swim (3)				
12PM-4PM Family Swim	12PM-4PM Lap Swim (3)	12PM-1PM In-Service Pool Closed		12PM-4PM Family Swim	12PM-4PM Lap Swim (3)	12PM-4PM Family Swim	12PM-4PM Lap Swim (3)			9AM-7:45PM Family Swim				12PM-5:45PM Family Swim					12PM-5:45PM Lap Swim(4)	1PM-4:45PM Family Swim	1PM-4:45PM Lap Swim(4)	
		1PM-4PM Family Swim	1PM-4PM Lap Swim (3)								12PM-5:45PM Family Swim						12PM-5:45PM Lap Swim(4)					
4PM-6:30PM Swim Lessons	4PM-6:30PM Swim Lessons Lap Swim (2)	4PM-6:30PM Swim Lessons	4PM-6:30PM Swim Lessons Lap Swim (2)	4PM-6:30PM Swim Lessons	4PM-6:30PM Swim Lessons Lap Swim (2)	4PM-6:30PM Swim Lessons	4PM-6:30PM Swim Lessons Lap Swim (2)					9AM-7:45PM Family Swim		12PM-5:45PM Family Swim				12PM-5:45PM Lap Swim(4)	1PM-4:45PM Family Swim			1PM-4:45PM Lap Swim(4)
6:30-8:45pm Family Swim	6:30PM-8:45PM Lap Swim (3)	6:30-8:45pm Family Swim	6:30PM-8:45PM Lap Swim (3)	6:30-8:45pm Family Swim	6:30PM-8:45PM Lap Swim (3)	6:30-8:45pm Family Swim	6:30PM-8:45PM Lap Swim (3)				9AM-7:45PM Family Swim						12PM-5:45PM Family Swim					
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Summer Pool Schedule, subject to change for special events and YMCA Programming. Call to check pool availability 214-328-3849

- A lap lane will be used for swim tests periodically throughout the day. Beginning at 2:00 p.m., a 5-minute Safety Break occurs every 2 hours. This is a good time to take children to the bathroom and reapply sunscreen.
- The Friday schedule is subject to change for swim lesson makeups if the YMCA has to cancel due to weather, pool closures, etc.
- Aqua Fitness: MINDBODY RESERVATIONS REQUIRED.
- Look for posted signs describing schedule changes, especially during holidays. Follow us on social media for updates.
- Swim Tests are required for all youth swimmers – please visit the guard tent.
- Available lap lanes are noted in parentheses.

For more information email WRAquatics@ymcadallas.org or visit www.whiterockymca.org

Effective May 27th, 2025