

# 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                    |  |  |  |  |
| 4PM-8:45PM<br>Family Swim | 4PM-6:30PM<br>Lap Swim(2)    | 4PM-8:45PM<br>Family Swim | 4PM-6:30PM<br>Lap Swim(2)    | 4PM-8:45PM<br>Family Swim | 4PM-6:30PM<br>Lap Swim(2)    | 4PM-8:45PM<br>Family Swim | 4PM-6:30PM<br>Lap Swim(2)    | 4PM-7:45PM<br>Family Swim | 4PM-7:45PM<br>Lap Swim(4) | 9AM-9:45AM<br>Aqua Fitness   | 9AM-5:45PM<br>Lap Swim(4) | 1PM-4:45PM<br>Family Swim | 1PM-4:45PM<br>Lap Swim |  |  |  |  |
|                           | 6:30PM-8:45PM<br>Lap Swim(4) |                           | 6:30PM-8:45PM<br>Lap Swim(4) |                           | 6:30PM-8:45PM<br>Lap Swim(4) |                           | 6:30PM-8:45PM<br>Lap Swim(4) |                           |                           | 9:45AM-5:45PM<br>Family Swim |                           |                           |                        |  |  |  |  |
|                           |                              |                           |                              |                           |                              |                           |                              |                           |                           |                              |                           |                           |                        |  |  |  |  |
|                           |                              |                           |                              |                           |                              |                           |                              |                           |                           |                              |                           |                           |                        |  |  |  |  |

**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](mailto:WRAquatics@ymcadallas.org) or visit [www.whiterockymca.org](http://www.whiterockymca.org)

Effective August 11th, 2025