



MOODY FAMILY YMCA

Instructional Pool Schedule

Effective August 11, 2025

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		
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>		
2pm - 3pm Water Fitness		2pm - 3pm Water Fitness		2pm - 3pm Water Fitness	10am - 5:30pm Open Swim		
3pm - 3:50pm Independent Water Walking PCI		3pm - 3:50pm Independent Water Walking PCI		3pm - 5:30pm Independent Water Walking PCI			
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>	5:30 - 6:15pm Adaptive Aqua Fit	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	6:15 - 7:30pm 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	Pool Closed			

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

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