



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>3 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		
4pm - 7pm Swim Team	4pm - 6:30pm Swim Team	4pm - 7pm Swim Team	4pm - 6:30pm Swim Team	4pm - 7pm Swim Team		2pm - 5pm Lap Swim	
7pm - 8:30pm Lap Swim	6:30pm - 7:30pm Masters Swim	7pm - 8:30pm Lap Swim	6:30pm - 7:30pm Masters Swim	7pm - 7:30pm Lap Swim	Pool Closed	Pool Closed	
	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.