



J.E.R. CHILTON YMCA AT ROCKWALL

POOL SCHEDULE – SUMMER 2025

AQUA FITNESS CLASSES REQUIRE RESERVATIONS
Pool usage may be altered to meet program needs.

	MON	TUE	WED	THU	FRI	SAT	SUN
LAP SWIM	5:00 – 6:00am & 3:00 – 9:00pm				5 – 6am & 3 – 8pm	7a – 5p	1 – 5pm
SWIM LESSONS	9:00 – 11:45am & 5:00 – 7:30pm					9a – 12p	
FAMILY SWIM	11:45am – 1:00pm & 3:00 – 5:00pm				11:30a-1p & 6:30 – 8p	1 – 5pm	1 – 5pm
AQUA FITNESS	9:15 – 10am & 10:15 – 11am (Max 20 per class, Aqua Zumba on Friday)						
SWIM TEAM	Mornings: 6:00 – 9:15am						

**Schedule effective:
May 27 – Aug 10**

SPLASH INTO FUN!

Our pool is 25 yards and 6 lanes, guarded by certified YMCA Lifeguards.
Schedule changes are seasonal and based on program needs.
Please shower before entering the pool and review the water safety rules.

LAP SWIM is available according to the pool schedule.

- Lap lanes are not available to swimmers under age 10 unless with swim team or swim lessons.
- Ages 10 & Older: May use the pool without adult supervision and during lap swim times. Swim test required.
- We allow up to 3 swimmers per lane. Swimmers are asked to circle swim.
- Lap swimming is for swimming workouts, not play time.

FAMILY SWIM is available to YMCA Members only.

- A swim test is required for all children under age 14 each time. Please see a lifeguard for your swim test.
- Ages 10 & older: May use the pool without adult supervision and during lap swim times. Swim test required.
- Ages 8-9: May use the pool during Open Swim times under the direct supervision of a responsible guardian 14 years or older. Swim test required.
- Ages 0-7: Must have direct supervision at all times. And may only swim during Family Swim time. Children 3 and younger must have a parent in the water. Swim test required.
- All “non-Swimmers” will be provided with and must wear a correctly sized, Coast Guard approved PFD (unless directly working one-on-one with a parent/guardian).
- Family swim is not available if there are make-up swim lessons, swim meets or special occasions.

Please see [Member Services](#) to learn how to make reservations through the [MindBody App](#) or [MindBodyOnline](#).

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind and body for all.
The YMCA is a 501(c)(3) non-profit organization. Financial Assistance is available.