



# 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		1pm - 6pm 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.**



# MOODY FAMILY YMCA

## Instructional Pool Schedule

### Effective January 1, 2026

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	2pm - 3pm Water Fitness	
3pm - 3:50pm  Independent Water Walking PCI		3pm - 3:50pm  Independent Water Walking PCI		3pm - 5:30pm  Independent Water Walking PCI	10am - 5:30pm Open Swim	1pm - 6pm Open Swim
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		

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