



# MOODY FAMILY YMCA

## Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 9am Lap Swim	5:30am - 6am Lap Swim  6am - 7am Masters Swim  7am - 9am Lap Swim	5:30am - 9am Lap Swim	5:30am - 6am Lap Swim  6am - 7am Masters Swim  7am - 9am Lap Swim	5:30am - 9am Lap Swim	<b>Pool Closed</b>  7am - 9am Lap Swim	<b>Pool Closed</b>
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	1pm - 6pm Lap Swim
4pm - 7pm Swim Team	4pm - 6:30pm Swim Team  6:30pm - 7:30pm Masters Swim	4pm - 7pm Swim Team  7pm - 8:30pm Lap Swim	4pm - 6:30pm Swim Team  6:30pm - 7:30pm Masters Swim  7:30pm - 8:30pm Lap Swim	4pm - 7pm Swim Team  7pm - 7:30pm Lap Swim	<b>Pool Closed</b>	<b>Pool Closed</b>

**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	<b>Pool Closed</b>  7am - 8am Open Swim				
9am - 10am Water Fitness	9am - 10am Water Fitness	8am - 10am Water Fitness	<b>Pool Closed</b>			
10am - 2pm Independent Water Walking PCI		10am - 2pm Independent Water Walking PCI		10am - 2pm Independent Water Walking PCI	10am - 12:30pm Swim Lessons No water walking	
2pm - 3pm Water Fitness	10am - 4pm Independent Water Walking PCI	2pm - 3pm Water Fitness	10am - 4pm Independent Water Walking PCI	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 No water walking	5:30 - 6:15pm Adaptive Aqua Fit					
6:30pm - 7:15pm Water Fitness	6:15 - 7:30pm Independent Water Walking PCI	<b>Pool Closed</b>	<b>Pool Closed</b>			
7:15pm - 8:30pm Independent Water Walking PCI		<b>Pool Closed</b>				

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