



MOODY YMCA
2026 INSTRUCTIONAL SUMMER POOL SCHEDULE
06.01.2026
AQUA FITNESS CLASSES REQUIRE RESERVATIONS
POOL USAGE MAY BE ALTERED TO MEET PROGRAM NEEDS

	MON	TUE	WED	THU	FRI	SAT	SUN
LAP SWIM	9:30a-10:00a					7:00a-9:00a	
	2:00p-3:00p		2:00p-3:00p		2:00p-3:00p	12:30p-5:30p	1:00p-6:00p
					5:30p-6:30p		
	6:30p-7:30p						
AQUA FITNESS	7:45a-8:30a					8:00a-8:45a	
	9:30a - 10:15a					8:45a-9:30a	
	2:00p-2:45p		2:00p-2:45p		2:00p-2:45p		
	6:30p-7:15p						
FAMILY SWIM						12:30p-5:30p	1:00p-6:00p

We offer swim lessons and swim team. If interested, please see the front for more information

*Schedule subject to change due to weather, chemicals, programming, etc

*If swim lessons are canceled Monday-Thursday, make-up lessons will be held Friday at 6-8pm