



MOODY YMCA

2026 LAP POOL SUMMER 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	5:30a-9:00a 6 Lap Lanes	5:30a-6:00a 6 Lap Lanes 6:00a-7:00a 2 Lap Lanes 7:00a-9:00a 6 Lap Lanes	5:30a-9:00a 6 Lap Lanes	5:30a-6:00a 6 Lap Lanes 6:00a-7:00a 2 Lap Lanes 7:00a-9:00a 6 Lap Lanes	5:30a-9:00a 6 Lap Lanes	7:00a-9:00a 6 Lap Lanes 9:00a-9:45a 3 Lap Lanes	
	9:00a-10:00a 3 Lap Lanes						9:45a-5:30p 6 Lap Lanes
	10:00a-4:00p 6 Lap Lanes						
	7:00p-8:30p 6 Lap Lanes	6:30p-7:30p 2 Lap Lanes 7:30p-8:30p 6 Lap Lanes	7:00p-8:30p 6 Lap Lanes	6:30p-7:30p 2 Lap Lanes 7:30p-8:30p 6 Lap Lanes	7:00p-8:30p 6 Lap Lanes		1:00p-5:00p 6 Lap Lanes
MASTER SWIM		6:00a-7:00a 6:30p-7:30p		6:00a-7:00a 6:30p-7:30p			
AQUA FITNESS	9:00a-10:00a						
FAMILY SWIM	7:00a-9:00a					7:00a-9:00a 9:45a-5:30p	1:00p-5:00p

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