



FACILITY HOURS

Mon - Fri..... 6 AM - 8 PM
Saturday..... 7 AM - 5 PM
Sunday..... 1 PM - 5 PM

CHILD WATCH HOURS

Mon - Thurs..... 9AM-12PM | 5PM - 8PM
Fri..... CLOSED
Sat..... 8AM - 12PM

CONTACT US

- 📞 214.421.5301
- 🌐 www.parksouthfamilyymca.org
- 🌐 www.ymcadallas.org/reservations
- 🏠 2500 Romine Ave, Dallas TX 75215

HOW TO?

MINDBODY



WEBSITE



PARK SOUTH YMCA

IT'S TIME TO TAKE ACTION!

Reservations can be made three days in advance, starting at 4:30 am. For example, a class beginning at 8 AM on Monday can be reserved any time after Friday at 4:30 am. Reservation booking closes at 10 pm each evening.



PARK

SOUTH

YMCA

GROUPEX
&
SWIM

PRINT DATE: 06/01/2026

Monday.

Group Ex

TIME	CLASS	TEACHER	ROOM
11:30-12:15pm	AOA - Chair Fit	Tamila	GX1
4:00-6:00pm	Pickleball		GYM
5:45-6:30pm	Sculpt & Core	Tamila	GX1

Pool

TIME	ACTIVITY
6:30am-8:00am	Lap Swim
8:00am-9:00am	Aqua Fitness
9:00am-10:00am	Aqua Fitness
12:00pm-4:00pm	SAW Groups
4:00pm-7:15pm	Swim Team/Lessons
7:15pm-7:45pm	Open & Lap Swim

Tuesday.

Group Ex

TIME	CLASS	TEACHER	ROOM
9:00-11:00am	Pickleball		GYM
10:30-11:30am	Dance Fitness	Andrea	GX1
11:30-12:15pm	AOA - Chair Fit	David	GX1
12:30-1:30pm	Yoga	Ocean	GX1
5:30-6:15pm	Yoga	Brandye	GX2
6:00-7:00pm	Cardio Strength Intervals	Tiffany	GX1

Pool

TIME	ACTIVITY
10:00am-11:00am	PreK Swim
11:00am-4:00pm	SAW Groups
4:00pm-7:15pm	Swim Team/Lessons
6:45pm-7:30pm	Aqua Fitness

***** Reservations for Group Ex Classes are made through the MindBody App or at mindbodyonline.com *****

Wednesday.

Group Ex

TIME	CLASS	TEACHER	ROOM
10:30-11:15am	Low Impact	Lauren	GX1
11:30-12:15am	AOA - Chair Fit	Tamila	GX1
4:00-6:00pm	Pickleball		GYM
5:45-6:30pm	Cardio Strength Intervals	Robbie	GX1

Pool

TIME	ACTIVITY
6:30am-8:00am	Lap Swim
8:00am-9:00am	Aqua Fitness
9:00am-10:00am	Aqua Fitness
12:00pm-4:00pm	SAW Groups
4:00pm-7:15pm	Swim Team/Lessons
7:15pm-7:45pm	Open & Lap Swim

Thursday.

Group Ex

TIME	CLASS	TEACHER	ROOM
6:30-7:30am	Cycle	Temeckia	GX2
9:00-11:00am	Pickleball		GYM
11:30-12:15pm	AOA - Chair Fit	John	GX2
6:00-6:45pm	Zumba	Ayako	GX2

Pool

TIME	ACTIVITY
10:00am-11:00am	PreK Swim
11:00am-4:00pm	SAW Groups
4:00pm-7:15pm	Swim Team/Lessons
6:45pm-7:30pm	Aqua Fitness

***** Lap lanes available upon request during Open Swim only. Please ask the lifeguards for information. *****

Friday.

Group Ex

TIME	CLASS	TEACHER	ROOM
10:45-11:30am	Strength	David	GX1
11:30-12:30pm	AOA - Chair Yoga	Ocean	GX2
4:00-6:00pm	Pickleball		GYM

Pool

TIME	ACTIVITY
8:00am-9:00am	Aqua Fitness
9:00am-10:00am	Aqua Fitness
12:00pm-4:00pm	SAW Groups
4:00pm-7:15pm	Swim Team/Lessons
7:15pm-7:45pm	Open & Lap Swim

Saturday.

Group Ex

TIME	CLASS	TEACHER	ROOM
8:00-8:45am	Cycle	Temeckia	GX2
10:30-11:30am	Yoga	Brandye	GX2
10:00-11:00am	Zumba	Ayako	GX1
12:00-2:00pm	Pickleball		GYM

Pool

TIME	ACTIVITY
9:00am-10:00am	Aqua Fitness
10:00am-3:00pm	Open & Lap Swim

Sunday.

Pool

TIME	ACTIVITY
1:30pm-2:30pm	Aqua Fitness
2:30pm-4:30pm	Open & Lap Swim