



YMCA @ WHITE ROCK POOL SCHEDULE

June 8th - August 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 - 6:55 Lap Swim (All Lanes)	6:00 - 6:55 Lap Swim (3) Lap Swim w/ a Kick (3)	6:00 - 6:55 Swim (All Lanes)	6:00 - 6:55 Lap Swim (All Lanes)	6:00 - 6:55 Lap Swim (All Lanes)	POOL OPENS AT 8:30 a.m.		
7:00 - 8:15 Swim Team Water Fitness (7a - 8a)	7:00 - 8:15 Swim Team 7:30 - 8:15 Jr. Piranha	7:00 - 8:15 Swim Team Water Fitness (7a - 8a)	7:00 - 8:15 Swim Team 7:30 - 8:15 Jr. Piranha	7:00 - 8:00 Water Fitness 8:00 - 9:00 Lap Swim (3)		8:30 - 9:10 Adult Lessons (2) Open/Lap Swim (4)	
9:00 - 10:00 Group Swim Lessons (All Lanes)	9:00 - 10:00 Group Swim Lessons (All Lanes)	9:00 - 10:00 Group Swim Lessons (All Lanes)	9:00 - 10:00 Group Swim Lessons (All Lanes)	POOL CLOSED	10:00 - 11:00 Water Fitness (4) Family Swim (2)		
10:00 - 10:30 Private Lessons Lap Swim (3)	10:00 - 11:30 Private Lessons Lap Swim (3)	10:00 - 10:30 Private Lessons Lap Swim (3)	10:00 - 11:30 Private Lessons Lap Swim (3)		11:00 - 1:00 Family Swim (3) Lap Swim (3)	POOL OPENS AT 1:00 p.m.	
10:30 - 11:30 Silver Splash Lap Swim (2)		10:30 - 11:30 Silver Splash Lap Swim (2)			1:00 - 2:00 Family Swim (3) Lap Swim (3)		
11:30 - 12:15 Parent/Child Class Private Swim Lessons Group Swim Lessons	11:30 - 12:15 Parent/Child Class Private Swim Lessons Group Swim Lessons	11:30 - 12:15 Parent/Child Class Private Swim Lessons Group Swim Lessons	11:30 - 12:15 Parent/Child Class Private Swim Lessons Group Swim Lessons	11:30 - 12:15 Make Up Lessons (If no make up lessons Lap Swim)	1:00 - 4:45 Family Swim (5) Lap Swim (1)	2:00 - 4:45 Family Swim (5) Lap Swim (1)	
12:15 - 1:00 Lap Swim (5)	12:15 - 1:00 Lap Swim (5)	12:15 - 1:00 Lap Swim (5)	12:15 - 1:00 Lap Swim (5)	12:15 - 1:00 Lap Swim (5)	5:00 - 7:00 Private Pool Party	5:00 - 7:00 Private Pool Party	
1:30 - 3:30 Day Camp Free Swim (All Lanes)	1:30 - 3:30 Day Camp Free Swim (All Lanes)	1:30 - 3:30 Day Camp Free Swim (All Lanes)	1:30 - 4:45 Family Swim (4) Lap Swim (2)	1:30 - 3:30 Day Camp Free Swim (All Lanes)	POOL CLOSING AT 4:45 p.m.		
3:30 - 4:45 Family Swim (4) Lap Swim (2)	3:30 - 4:45 Family Swim (4) Lap Swim (2)	3:30 - 4:45 Family Swim (4) Lap Swim (2)		3:30 - 4:45 Family Swim (4) Lap Swim (2)			
5:00 - 7:30 Group Swim Lessons Private Lessons Adult Swim Lessons Water Fitness (6:30 - 7:30)	5:00 - 7:30 Group Swim Lessons Private Lessons Adult Swim Lessons Water Fitness (6:30 - 7:30)	5:00 - 7:30 Group Swim Lessons Private Lessons Adult Swim Lessons Water Fitness (6:30 - 7:30)	5:00 - 7:30 Group Swim Lessons Private Lessons Adult Swim Lessons Water Fitness (6:30 - 7:30)	5:00 - 7:30 Make Up Lessons (If no make up lessons Family and Lap Swim)			
7:30 - 8:45 Family Swim (3) Lap Swim (3)	7:30 - 8:45 Family Swim (3) Lap Swim (3)	7:30 - 8:45 Family Swim (3) Lap Swim (3)	7:30 - 8:45 Family Swim (3) Lap Swim (3)	7:15 - 8:15 Parents Night Out	YMCA @ White Rock 7301 Gaston Road Dallas, TX 75214 214-328-3849 *Schedule is subject to change.		
POOL CLOSING AT 8:45 p.m.				POOL CLOSING 7:15	<small>We build strong kids, strong families, strong communities.</small>		

Connect with White Rock Y Aquatics Today!

What swim time best fits your needs?

Lap Swim These times are designated for lap swimmers and water fitness.	OR	Family Swim These are times when the pool is open for children to swim.
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For questions or comments please contact,

Aquatics Director: Daniel Taylor, 214-328-3849 ext. 13 or danielt@ymcadallas.org