



LAKE HIGHLANDS FAMILY YMCA  
 8920 Stuitts Road, Dallas, TX 75243  
 214-221-9622 www.lakehighlandsymca.org

We build strong kids, strong families, strong communities,

**FALL SCHEDULE (Begins Aug 23)**

FAMILY/FITNESS POOL								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
05:30	Individual Water Fitness 5:30-7:30	Individual Water Fitness 5:30-9:30	Individual Water Fitness 5:30-7:30	Individual Water Fitness 5:30-9:30	Individual Water Fitness 5:30-7:30	Beginning September 1st, Pool will open at 7am on Saturdays.		
07:30	Aquacise 7:30-8:30		Aquacise 7:30-8:30		Aquacise 7:30-8:30			Aquacise 7:30-8:30
08:00								Ind. Water Fit.
08:30	Aquacise 8:30-9:30		Aquacise 8:30-9:30		Aquacise 8:30-9:30	Aquacise 8:30-9:30		Aquacise 8:30-9:30
09:30	Gentle Joints 9:30-10:30	Gentle Joints 9:30-10:30	Gentle Joints 9:30-10:30	Gentle Joints 9:30-10:30	Ai Chi 9:30-10:30	Swim Lessons		
10:30	Open Swim 10:30-4:30	Open Swim 10:30-4:30	Open Swim 10:30-5:00	Open Swim 10:30-4:30	Open Swim 10:30-5:00	10:00-12:00		
11:30						Family Swim		
12:00						and		
01:00						Pool Rental 12:00-5:30		
02:30						Family Swim 1:00-5:30		
03:00								
04:30	Swim Lessons	Swim Lessons	Family Swim	Swim Lessons	Family Swim and Pool Rental			
05:00	4:30-7:00	4:30-7:00	5:00-7:00	4:30-7:00	5:00-7:30			
05:30								
06:30								
07:00	Aquatic Fitness 7:00-8:00	Aquatic Fitness 7:00-8:00	Aquatic Fitness 7:00-8:00	Aquatic Fitness 7:00-8:00				
07:30	Challenge 7:00-8:00	Challenge 7:00-8:00	Challenge 7:00-8:00	Challenge 7:00-8:00				
08:00	Family Swim 8:00-8:30	Family Swim 8:00-8:30	Family Swim 8:00-8:30	Family Swim 8:00-8:30				

LAP POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:30	Lap Swim 5:30-10:30	Lap Swim 5:30-8:30	Lap Swim 5:30-10:30	Lap Swim 5:30-8:30	Lap Swim 5:30-10:30	Lap Swim 8:00-5:30	
08:00		Deep Water Aerobics (1 Lane) 8:30-9:30		Deep Water Aerobics (1 Lane) 8:30-9:30			
08:30							
09:30							
10:30	Masters (1 Lane) 10:30-11:30	Lap Swim 9:30-6:00	Masters (1 Lane) 10:30-11:30	Lap Swim 9:30-6:00	Masters (1 Lane) 10:30-11:30	Swim Lessons 10:00-12:00 (1 Lane)	
11:30	Lap Swim 11:30-8:30	Lap Swim 7:00-8:30	Lap Swim 11:30-8:30	Swim Lessons 4:30-7pm (1 Lane)	Lap Swim 11:30-7:30	Lap Swim	
12:30							
01:00							
04:30	Swim Lessons	Swim Lessons					
05:30	4:30-7pm (1 Lane)	4:30-7pm (1 Lane)					
06:00		Lap Swim 7:00-8:30		Lap Swim 7:00-8:30		Beginning September 1st, Pool will open at 7am on Saturdays.	
07:00							
08:30							

Pool usage may be altered to accommodate programming needs.  
 Check posted signs for schedule changes especially during holidays and inclement weather.  
 Shaded area is Family-Recreational Swim, Slide and Mushroom will be on.  
 Open Swim is Family Swim and Individual Water Fitness without the Slide and Mushroom on.