



Arlington-Mansfield Area YMCA

South YMCA Pool

Indoor Pool | 7120 S Cooper St.

Fall Schedule Effective August 11



MON

TUE

WED

THU

FRI

SAT

SUN

LAP SWIM
& WATER
WALKING

5:00 AM
TO
5:45 PM

5:00 AM
TO
6:45 PM

8:30 AM
TO
4:45 PM

12:00 PM
TO
4:45 PM

FAMILY
SWIM

12:00 TO 4:45 PM

8:00 TO 8:45 PM

11:00 AM
TO
6:45 PM

12:00 PM
TO
4:45 PM

WATER
FITNESS

7:15 TO 11:00 AM

5:00 TO 6:00 PM

8:45 AM
TO
11:00 AM

SWIM
LESSONS

5:00 to 8:00 PM
Starts August 18

9:00 TO
11:45 AM

SWIM
TEAM

6:00 to 8:45 PM
Starts August 18



FALL SWIM LESSONS

SEPTEMBER

SAT: 9/6 TO 9/27
M/W: 9/8 TO 10/1
T/TH: 9/9 TO 10/2

OCTOBER

SAT: 10/4 - 10/25
M/W: 10/6 - 10/29
T/TH: 10/7 - 10/30

NOVEMBER

SAT: 11/1 - 11/22
M/W: 11/3 - 12/3
T/TH: 11/4 - 12/4

DECEMBER

M - TH: 12/8 TO 12/18

PRIVATE SWIM LESSONS:

- PERFECT FOR ALL AGES AND SKILL LEVELS!
- PERSONALIZED COACHING TO BOOST CONFIDENCE AND REFINE TECHNIQUE.
- FLEXIBLE SCHEDULING TO FIT YOUR NEEDS.



REGISTER HERE!