



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
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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!

Arlington–Mansfield Area YMCA

POOL RULES SPLASH INTO FUN!

Our pool is 25 yards, has 4 lap lanes, an open swim area, a zero-depth entry, and is guarded by certified YMCA Lifeguards.

Lap Swim/Water Walking is available according to the pool schedule.

Lane sharing may be required. Lap lanes are not available to swimmers under the age of 10 unless with swim team or swim lessons.

- **Ages 10 - 14** are required to have an adult on the pool deck or in the viewing area. Swim test is required.
- **Ages 15+** may use the lap lane without adult supervision.

Family Swim is available to YMCA members only.

- **Ages 10 - 14** are required to have an adult or responsible guardian 16 years or older on the pool deck or in the viewing area at all times.
- **Ages 4 - 9** are required to have an adult on the pool deck at all times.
- **Ages 0 - 3** are required to have an adult in the water with them at all times.

Swim Tests are required for anyone 14 and under each time they come to the pool. A lifeguard will administer the swim test.

- The participant jumps into the deep end, treads water for 5 seconds, and swims the length of the pool.
- To pass they must be able to complete the swim and tread without stopping, grabbing the wall, needing assistance, or touching the floor.

All "non-swimmers" must wear a Coast Guard Approved PFD (lifejacket) unless working one-on-one with a parent/guardian in the water (must always be in arms reach of swimmer).

