



Arlington–Mansfield Area YMCA

South YMCA Pool Schedule

7120 S. Cooper St., Arlington, TX 76001

January 5, 2026 – March 15, 2024

MON

TUE

WED

THU

FRI

SAT

SUN

Lap Swim
& Water
Walking

5:00 am to 5:45 pm

5:00am to
6:30pm

9am to
4:45pm

12:00 to
4:45pm

Family
Swim

12 to 4:45pm

11am
to
6:30pm

12:00pm
to
4:45pm

12:00pm
to
4:45pm

8pm to 8:45pm

Water
Fitness

7:15 to
11:00am
&
5:00 to
6:00pm

7:15 to
11:00am
&
4:30 to
6:25pm

7:15 to
11:00am
&
5:00 to
6:00pm

7:15 to
11:00am
&
5:00 to
6:00pm

7:15 to
11:00am

8:45am to
10:50am

Programs

5:00pm to 8:45pm

Swim Team
practice
6:30 to
7:30pm

9:00am
to
12:00pm

Special Hours

The pool will close at 8:00pm on the following dates for lifeguard training:

- Monday, January 12
- Monday, February 9
- Monday, March 9

Questions? Contact the Aquatics
Department : Emily Peoples |
emilyp@amaymca.org



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.

Family Swim is not available if there are makeup lessons/practice, special events, or birthday parties.

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).