

Pools in the Katy area offer lessons, free swim, and even exercise classes



Swimming in Katy

Take Lessons at these
Local Centers *by Gabrielle Browne*



Some Katy pools even offer indoor swimming



Most neighborhoods have a community pool with lifeguard supervision



Swimming lessons are available for kids of all ages

One way to keep cool in the heat of summer is to dive into some of these pools. Katy residents can swim, splash, exercise, or party at the following locations.



Katy Family YMCA

22807 Westheimer Pkwy
281-392-5055
ymcahouston.org/katy

Learn to swim with the organization that invented modern swim instruction. The Katy YMCA offers both private and semi-private swim lessons with the purpose of teaching water safety and personal growth skills. Lessons go at the students' own pace. The YMCA is also the place to enroll in water exercises, which are good even for non-swimmers. The hours for the pool can be found online or by calling.

Mary Jo Peckham Community Center

5597 Gardenia Ln.
281-391-4482

This is a free pool and fitness center located right in the heart of 32-acre Mary Jo Peckham Park in Katy. Although it is a Harris County park, anyone can use the pool, but for classes with a size-limit, Harris County residents are given preference.

The Center offers various exercise classes such as water aerobics, deep-water exercise, special needs child and parent classes, and parent and toddler classes for children under two. During class times, certain areas of the pool will be closed off. Hours are 7 a.m. to 7 p.m. on weekdays. The pool is open Saturdays from 8:15 a.m. to 4:30 p.m., and Sundays from 10:15 a.m. to 4:30 p.m.

Houston Swim Club

1711 N. Fry Rd.
281-579-7964
houstonswimclub.com

Stay indoors during the summer, and still learn the basics of swimming. Most classes at HSC are 30 minutes long and are geared to maintain swim skills or to develop new ones. HSC also offers parent/child classes for children 4 months to 2 1/2 years old where songs and water safety are weaved into the classes. Private lessons and birthday swim parties up to 80 people are available at the Katy location.

LA Fitness

19550 Restaurant Row
281-578-0115
lafitness.com

Swimming at LA Fitness means that there is also a chance to get in shape by using their exercise equipment and classes. Members of LA Fitness are entitled to use the full-service gym, including the pool. Although membership is necessary to use the facilities, there are guest passes that can be purchased for \$15.00, as well as a free guest pass that can be printed from their website.

Life Time Fitness

23211 Cinco Ranch Blvd.
281-693-3434
mylt.com

Let the swimming fun begin at Life Time Fitness in Cinco Ranch! The outdoor pool (the one with the huge slide that drivers can see from Westheimer Parkway) is open for family swim Monday to Saturday from 10 a.m. to 8 p.m. and Sunday from 10 a.m. to 6 p.m. There is also an indoor lap pool that is open 24/7.

Need to learn how to swim? Morning and afternoon classes are available, and the gym also offers private and semi-private swim lessons during the week with two, four, and eleven-week packages. Non-members can sign up for lessons, although there are discounts for members.

Sea Sports Swim

2004 S. Mason Rd.
281-392-3483
seasportsswim.com
seasportsscuba.com

In addition to staying cool by swimming, those interested in

going deeper can learn how to SCUBA dive right here in Katy. The age requirement for SCUBA diving is ten. Desiring a unique birthday party idea? Sea Sport Swim offers party packages, some which include SCUBA, for groups up to 20 people. Swim lessons are offered for all skill levels Monday through Friday from 10 a.m. to 7 p.m. **KM**

GABBI BROWNE enjoys keeping cool during the summer with her husband and toddler son.



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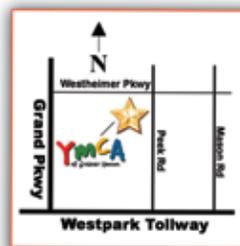
It's a Great Place to Be

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- Before & After School Care
- Adult Group Exercise Classes
- Active Older Adult Programs
- Year Round Aquatics Programs
- Structured Child Watch Area
- Planned Family Activities



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- Shaded Playground
- Two-Story Building Addition
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KATY FAMILY YMCA
22807 Westheimer Parkway, Katy
281-392-5055 • www.ymcahouston.org

Our Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. We strive to turn no one away due to inability to pay.