



OAK PARK YMCA POOL SCHEDULE - March 20-31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-9:00am Lap Swim (All Lanes)	6:30-9:00am Lap Swim (All Lanes)	6:30-1:00pm Lap Swim (All Lanes)	6:30-7:00pm Lap Swim (All Lanes)	6:30-12:00pm Lap Swim (All Lanes)	7:00-9:45 Tri Team No Lap Lanes	
9:00-11:00am Water Aerobics No Lap Lanes	9:00am-8:00pm 2 Sides Open for Swim and Exercise	9:00-1:00p 2 Sides open for free swim & exercise	2 Sides open for free swim & exercise	2 Sides open for free swim & exercise	2 Sides open for free swim & exercise	
11:00-7:00pm Lap Swim (All Lanes)		1:00-2:30pm Water Aerobics All Lanes			10-11:30am Water Aerobics <u>No Lap Lanes</u> No Sides	
5:45-8:00pm Swim Lessons 1 side 1 side open for free swim & exercise		2:30-8:00pm Lap Swim (All Lanes)			11:30am- 2:00pm Lap Swim (All Lanes) 2 Sides open for free swim & exercise	
7:00-8:00 Triathlon Skills and Drills (All Lanes)	4:00-8:00pm Lap Swim (All Lanes) Family Swim		4:00-7:00pm Lap Swim (All Lanes) 1 Side Family Swim	3:00-6:00pm Lap Swim (All Lanes) Family Swim		

OAK PARK YMCA AQUATIC INFORMATION

SWIM LESSONS - Register on line at www.lansingymca.org

Next Session Begins week of April 10th. Registration Begins March 20 12pm for Members and March 22 12pm for non-members.

LAP SWIM

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 13 and up who are continuously swimming end to end.

YOUTH SWIMMERS

All swimmers under the age of 13 must take the YMCA swim test prior to entering the pool. The test consists of 1/2 length on their front, 1/2 on their back and ability to tread water for 30 seconds.

Ages 4 & 8 years old: Must have a parent in the water with the child.

Ages 9-11 years old: Must have parent on the deck.

Only coast guard approved floatation devices allowed.

Water Aerobics - Free for Members and no registration required

9:00 -9:55am & 10:00-11:00am Monday

1:00-2:30pm Wednesday

10:00-11:30am Saturday

All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress

Regional Aquatic Director
Theresa Sheridan
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