



OAK PARK YMCA POOL SCHEDULE - May 1-31

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)	6:30-11:30am Lap Swim (All Lanes)	7:00-9:00am Tri Team No Lap Lanes	
9:00-11:00am Water Aerobics No Lap Lanes	9:00am-8:00pm	9:00-1:00p 2 Sides open for swim & exercise	2 Sides open for free swim & exercise	2 Sides open for swim & exercise	2 Sides open for swim & exercise	
11:00-7:00pm Lap Swim (All Lanes)	2 Sides Open for Swim and Exercise	1:00-2:30pm Water Aerobics All Lanes		11:30-12:30 Water Aerobics Beginnng Apr.14 1 Side and 1 Lap Lane open	9:00-10:00am Lap Swim (All Lanes) 2 Sides Open	
5:45-8:00pm Swim Lessons 1 side 1 side open for swim & exercise		2:30-8:00pm Lap Swim (All Lanes)		Lap Swim (2 Lanes) 12:30-3:00pm Lap Swim (All Lanes)	10-11:30am Water Aerobics <u>No Lap Lanes</u> No Sides	
7:00-8:00 Triathlon Skills and Drills (All Lanes)	4:00-8:00pm		4:00-7:00pm	2 Sides open Swim and Exercise	11:30am- 2:00pm Lap Swim (All Lanes) 2 Sides open for Family swim & exercise	
				3:00-6:00pm		
				Lap Swim (All Lanes) Family Swim	<u>Last day for Tri</u> 20-May	

OAK PARK YMCA AQUATIC INFORMATION

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

Next Session Begins week of June 5th Registration Begins May 8 12pm for Members and May 10 12pm for non-members. Small offering of lessons @ Westside and Oak Park week of May 23rd

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

11:30-12:30pm Friday

10:00-11:30am Saturday

All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water.

Regional Aquatic Director
Theresa Sheridan
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