

OAK PARK YMCA POOL SCHEDULE - Sept 1 -Sept 30

| TUESDAY 6:00-12:00pm | WEDNESDAY 600-1:00 Lap Swim (All Lanes) 6:00-1:00pm 2 Sides Open | THURSDAY 6:00-12:00pm Lap Swim (All Lanes) 6:00-12:00pm 2 Sides Open | FRIDAY 6:00-10:00am | 7:00-10:00a Lap Swim (All Lanes) | SUNDAY |
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| Lap Swim (All Lanes) 6:00-12:00pm 2 Sides Open | Lap Swim (All Lanes) 6:00-1:00pm | Lap Swim (All Lanes) 6:00-12:00pm | Lap Swim (All Lanes) | Lap Swim | |
| (All Lanes) 6:00-12:00pm 2 Sides Open | (All Lanes) 6:00-1:00pm | (All Lanes) 6:00-12:00pm | (All Lanes) | - | |
| 6:00-12:00pm 2 Sides Open | 6:00-1:00pm | 6:00-12:00pm | | (All Lanes) | |
| 2 Sides Open | | = | 6:00-1000am | | |
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| 12:00 4:00 | | ' | 2 Sides Open | | |
| 12:00 4:00 | | | 10.00 | | |
| 12:UU-4:UUDM | | 12:00-4:00pm | 10:00am- | 10 00 11 00- | |
| <u>-</u> | 4 00 0 00 | • | 11:00am | 10:00-11:30a | |
| Lap Swim | 1:00-2:30pm | Lap Swim | Lap Swim | Water Aerobics | |
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| All Sides open | All Lanes | All Sides open | | | |
| | | | | | |
| <u> </u> | | | 1 Side and 1 Lane | (All Lanes) | |
| | 2:30-8:00pm | | | | |
| | Lap Swim | | | | |
| | (All Lanes) | | Lap Swim | | |
| | (All Lattes) | | (All Lanes) | 12:00-2:00p | |
| | 2:30-5:45 | | | (Lap Swim) | |
| 4:00-7:00pm | Lan Swim | 4:00-6:00pm | 3:00-6:00pm | Family Swim | |
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| | | 1 | 1 Side | | |
| 4:00-6:00pm | 5:45-8:00pm | 1 Side Open | | | |
| 2 Sides Evercise | Lan Swim | Evercise | - | | |
| 2 Sides Excidise | Lap Swiiii | | 1 Side Excidise | | |
| | (All Lange) | - | | | |
| | (All Lailes) | | | | _ |
| Swim Classes | | 1 Side | Regional Aquatic Direct | | ctor |
| | - | | Theresa Sheridan — tsheridan@lansingymca.org 517 827-9680 | | |
| Coolina Classes | | 1 | | | |
| | | | | | |
| 6:00-7:00pm | 5:45-8:00pm | | | | |
| | (All Lanes) All Sides open 4:00-7:00pm Lap Swim (All Lanes) 4:00-6:00pm 2 Sides Exercise Swim Classes 6:00-7:00pm | (All Lanes) All Sides open 2:30-8:00pm Lap Swim (All Lanes) 2:30-5:45 4:00-7:00pm Lap Swim (All Lanes) 4:00-6:00pm 2 Sides Exercise Call Lanes 1 Side Open Exercise Swim Classes Swim Classes | (All Lanes) All Sides open 2:30-8:00pm Lap Swim (All Lanes) 2:30-5:45 4:00-7:00pm Lap Swim (All Lanes) 2 Sides Open 4:00-6:00pm Lap Swim (All Lanes) 5:45-8:00pm Lap Swim (All Lanes) 1 Side Lessons 1 Side Open Exercise Swim Classes Swim Classes (All Lanes) 4:00-6:00pm Lap Swim (All Lanes) 1 Side Open Exercise 5:45-8:00pm Usage Open Usage | (All Lanes)Water Aerobics All Sides open(All Lanes)(All Lanes)(2 Lanes)2:30-8:00pm Lap Swim (All Lanes)2:30-8:00pm Lap Swim (All Lanes)11:00-3:00pm Lap Swim (All Lanes)4:00-7:00pm Lap Swim (All Lanes)Lap Swim (All Lanes)4:00-6:00pm Lap Swim (All Lanes)3:00-6:00pm Lap Swim (All Lanes)4:00-6:00pm Lap Swim (All Lanes)Lap Swim (All Lanes)(All Lanes)5:45-8:00pm Lap Swim (All Lanes)1 Side Open Exercise1 Side Family Swim 1 Side Exercise6:00-7:00pm Water Aerobics 1 sideRegion The Swim Classes | (All Lanes) Water Aerobics All Sides open (All Lanes) (2 Lanes) 2 Lap Lane 2:30-8:00pm Lap Swim (All Lanes) 10:00-11:00am 11:30-12:00 (All Lanes) Lap Swim (All Lanes) 11:00-3:00pm Lap Swim Lap Swim (All Lanes) 12:00-2:00p Lap Swim All Lanes Lap Swim Lap Swim (All Lanes) Lap Swim Lap Swim Lap Swim (All Lanes) 1 Side Lessons 1 Side Exercise 2 Sides Exercise Lap Swim 1 Side Open 1 Side Exercise 2 Sides Exercise 1 Side Open 1 Side Exercise 1 Side Exercise 3 Side Exercise 1 Side Exercise 1 Side Exercise 4:00-6:00pm 1 Side Open 1 Side Exercise 2 Sides Exercise 1 Side Open 1 Side Exercise 3 Side Open 1 Side Exercise 1 Side Exercise 4:00-6:00pm 1 Side Open 1 Side Exercise 4:00-6:00pm 1 Side Open 1 Side Exercise 4:00-6:00pm 1 Side Open 1 Side Exercise 4:00-6:00pm 1 Side Exercise 1 Side Exercise |

OAK PARK YMCA AQUATIC INFORMATION

SWIM LESSONS

Registration next Session October 9 for members and October 11 for non members Classes begin October 23

We ask that all be respectful of others and share lanes as needed. Lap Swim is available for those ages 12 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 & under: Must have a parent in the water with the child.

Ages 5-8 years old: Must have parent in the water with the child

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

Children under 52 inches tall who are not being directly supervised by a parent will be required to wear a lifejacket.

<u>Water Aerobics Mon 9am-10:00am,10:00am-11:00am Wednesday 1:00-2:30pm Saturday 10:00-11:00am</u> Thursday 6:00-7:00pm Friday 10:00-11:00am

Enjoy a great workout that gets the body moving. Each class involves both Aerobic activity and strength training.