



OAK PARK YMCA POOL SCHEDULE - Sept 1 -Sept 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-9:00am Lap Swim (All Lanes)	6:00-12:00pm Lap Swim (All Lanes)	6:00-1:00 Lap Swim (All Lanes)	6:00-12:00pm Lap Swim (All Lanes)	6:00-10:00am Lap Swim (All Lanes)	7:00-10:00a Lap Swim (All Lanes)	
9:00-11:00am Water Aerobics No Lap Lanes	6:00-12:00pm 2 Sides Open	6:00-1:00pm 2 Sides Open	6:00-12:00pm 2 Sides Open	6:00-10:00am 2 Sides Open		
11:00-12:00pm Lap Swim (All Lanes)	12:00-4:00pm Lap Swim (All Lanes) All Sides open	1:00-2:30pm Water Aerobics All Lanes	12:00-4:00pm Lap Swim (All Lanes) All Sides open	10:00am-11:00am Lap Swim (2 Lanes)	10:00-11:30a Water Aerobics 2 Lap Lane 1 Side open	
12:00-4:00pm Lap Swim (All Lanes) All Sides open				10:00-11:00am Water Aerobics 1 Side and 1 Lane		11:30-12:00 (All Lanes)
4:00-8:00pm Lap Swim (All Lanes)	4:00-7:00pm Lap Swim (All Lanes)	2:30-8:00pm Lap Swim (All Lanes)	4:00-6:00pm Lap Swim (All Lanes) 1 Side Lessons	3:00-6:00pm Lap Swim (All Lanes)	12:00-2:00p (Lap Swim)	
1 Side Open for For Families	4:00-6:00pm 2 Sides Exercise	2:30-5:45 Lap Swim All Lanes 2 Sides Open			1 Side Open Exercise	1 Side Family Swim 1 Side Exercise
Swim Classes 6:00-7:00pm		5:45-8:00pm Lap Swim (All Lanes)	6:00-7:00pm Water Aerobics 1 side			
	Swim Classes 6:00-7:00pm	1 Side Open Exercise				
		Swim Classes 5:45-8:00pm				

Regional Aquatic Director
Theresa Sheridan
tsheridan@lansingymca.org
517 827-9680

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.

Water Aerobics Mon 9am-10:00am,10:00am-11:00am Wednesday 1:00-2:30pm Saturday 10:00-11:00am

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.
