



# OAK PARK YMCA POOL SCHEDULE April 1-30 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-9:00 Lap Swim (All Lanes)	6:00-12:00pm Lap Swim (All Lanes)	6:00-1:00pm Lap Swim (All Lanes)	6:00-12:00pm Lap Swim (All Lanes)	6:00-9:30am Lap Swim (All Lanes)	7:00-10:00a <b>NO LANES</b>	9am-12pm Lap Swim (All Lanes)
9:00-11:00a Water Aerobics (All Lanes)	6:00-12:00pm <b>2 Sides Open</b>	6:00-1:00pm 2 Sides Open	6:00-12:00pm 2 Sides Open	6:00-9:30am 2 Sides Open	<b>TRI TEAM</b>	
11:00-5:00pm <b>Lap Swim</b> (All Lanes) <b>2 Sides Open</b>	12:00-4:00pm Lap Swim (All Lanes) <b>All Sides open</b>	1:00-2:30pm Water Aerobics <b>All Lanes</b>	12:00-4:00pm Lap Swim (All Lanes) <b>All Sides open</b>	9:30am-11:00am Lap Swim (1 Lanes)	10:00-11:30a Water Aerobics <b>2 Lap Lane</b> 1 Side open	
				9:30am-11:00am <b>Water Aerobics</b> 1 Side and 2 Lanes	11:30-12:00 (All Lanes)	
5:00-8:00pm <b>Lap Swim</b> (All Lanes) 1 Side Lessons 1 side Family/Open	4:00-7:00pm <b>Lap Swim</b> (All Lanes)	2:30-8:00pm Lap Swim (All Lanes)	4:00-6:00pm <b>Lap Swim</b> (All Lanes) <b>2 Sides Open</b>	11:00-3:00pm <b>Lap Swim</b> (All Lanes)	12:00-2:00p ( Lap Swim)	
		2:30-5:45 Lap Swim <b>All Lanes</b> <b>2 Sides Open</b>		3:00-6:00pm <b>Lap Swim</b> (All Lanes)	<b>Family Swim</b> 1 Side Exercise <b>1 Side Family</b>	
	4:00-7:00pm 2 Sides Exercise Family Swim	5:45-8:00pm <b>Lap Swim</b> (All Lanes)	6:00-7:00pm Water Aerobics	1 Side Family Swim		
			6:00-7:00pm (No Lanes)	1 Side Exercise		
<b>Regional Aquatic Director Theresa Sheridan tsheridan@lansingymca.org</b>						

## **OAK PARK YMCA AQUATIC INFORMATION**

### **SWIM LESSONS**

Registration next Session March 18 for members March 20 for non-member both @ 12pm

**Classes begin week of April 8**

### **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 in the building

Children under 48 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.

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