



## OAK PARK YMCA POOL SCHEDULE March 1-30 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00-9:00</b> Lap Swim (All Lanes)	<b>6:00-12:00pm</b> Lap Swim (All Lanes)	<b>6:00-1:00pm</b> Lap Swim (All Lanes)	<b>6:00-12:00pm</b> Lap Swim (All Lanes)	<b>6:00-10:00am</b> Lap Swim (All Lanes)	<b>7:00-10:00a</b> <b>NO LANES</b>	<b>9am-12pm</b> Lap Swim (All Lanes)  Closed 31-Mar Easter Sunday
<b>9:00-11:00a</b> Water Aerobics (All Lanes)	<b>6:00-12:00pm</b> <b>2 Sides Open</b>	<b>6:00-1:00pm</b> 2 Sides Open	<b>6:00-12:00pm</b> 2 Sides Open	<b>6:00-10:00am</b> 2 Sides Open	<b>TRI TEAM</b>	
<b>11:00-5:00pm</b> <b>Lap Swim</b> (All Lanes) <b>2 Sides Open</b>	<b>12:00-4:00pm</b>  Lap Swim (All Lanes)  <b>All Sides open</b>	<b>1:00-2:30pm</b> Water Aerobics <b>All Lanes</b>  <b>2:30-8:00pm</b> Lap Swim (All Lanes)  <b>2:30-5:45</b>  Lap Swim <b>All Lanes</b> <b>2 Sides Open</b>	<b>12:00-4:00pm</b>  Lap Swim (All Lanes)  <b>All Sides open</b>  <b>4:00-6:00pm</b> <b>Lap Swim</b> (All Lanes) <b>2 Sides Open</b>	<b>10:00am-11:00am</b> Lap Swim (2 Lanes)	<b>10:00-11:30a</b> Water Aerobics <b><u>2 Lap Lane</u></b> 1 Side open	
<b>5:00-8:00pm</b> <b>Lap Swim</b> (All Lanes) 1 Side Lessons 1 side Family/Open				<b>10:00-11:00am</b> <b>Water Aerobics</b> <b>1 Side and 2 Lanes</b>	<b>11:30-12:00</b> (All Lanes)	
	<b>4:00-7:00pm</b> <b>Lap Swim</b> (All Lanes)			<b>11:00-3:00pm</b> <b>Lap Swim</b> (All Lanes)	<b>12:00-2:00p</b> ( Lap Swim)	<b>Regional Aquatic Director</b> <b>Theresa Sheridan</b> <b>tsheridan@lansingymca.org</b>
				<b>3:00-6:00pm</b> <b>Lap Swim</b> (All Lanes)	<b>Family Swim</b> <b>1 Side Exercise</b> <b><u>1 Side Family</u></b>	
	<b>4:00-7:00pm</b> <b>Sides Exercise</b> <b>Family Swim</b>	<b>5:45-8:00pm</b> <b>Lap Swim</b> <b>(All Lanes)</b>	<b>6:00-7:00pm</b> <b>Water Aerobics</b>	<b>1 Side</b> <b>Family Swim</b> <b>1 Side Exercise</b>		
			<b>6:00-7:00pm</b> <b>(No Lanes)</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**

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### **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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