



OAK PARK YMCA POOL SCHEDULE May 1-31 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 NO LANES Tri team Sat May 4	9am-12pm Lap Swim (All Lanes)
9:00-11:00a Water Aerobics (All Lanes)	6:00-12:00pm 2 Sides Open	6:00-1:00pm 2 Sides Open	6:00-12:00pm 2 Sides Open	6:00-9:30am 2 Sides Open	May 11-25 Lap Swim All Laness	
11:00-5:00pm Lap Swim (All Lanes) 2 Sides Open	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	9:30am-11:00am Lap Swim (1 Lanes)	10:00-11:30a Water Aerobics 2 Lap Lane 1 Side open	
5:00-8:00pm Lap Swim (All Lanes) 1 Side Lessons 1 side Family/Open				2:30-8:00pm Lap Swim (All Lanes)	9:30am-11:00am Water Aerobics 1 Side and 2 Lanes	
	4:00-7:00pm Lap Swim (All Lanes)	2:30-5:45 Lap Swim All Lanes 2 Sides Open	4:00-6:00pm Lap Swim (All Lanes) 2 Sides Open	11:00-3:00pm Lap Swim (All Lanes)	12:00-2:00p (Lap Swim)	
	4:00-7:00pm 2 Sides Exercise Family Swim	5:45-8:00pm Lap Swim (All Lanes)	6:00-7:00pm Water Aerobics 1 side	3:00-6:00pm Lap Swim (All Lanes)	Family Swim 1 Side Exercise 1 Side Family	
			6:00-7:00pm Lap Swim (All Lanes)	1 Side Family Swim 1 Side Exercise		

Regional Aquatic Director
Theresa Sheridan
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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.
