



OAK PARK POOL SCHEDULE

November 1-30

November 1, 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
6:00 AM	6:00-9:15 a.m. Open Swim (all lanes)	6:00 a.m.-5:30 p.m. Open Swim (all lanes)	6:00 a.m.-1:00 p.m. Open Swim (all lanes)	6:00 a.m.-5:45 p.m. Open Swim (all lanes)	6:00-9:00 a.m. Open Swim (all lanes)								
7:00 AM						7:00-10:00am Open Swim (All Lanes)	7:00 a.m.-3:00 p.m. Open Swim (all lanes)						
8:00 AM													
9:00 AM	9:15-11:00 a.m. Water Aerobics					1:00-2:00pm North Side Closed Aqua Zumba							
10:00 AM					9:30-11:00 a.m. Water Aerobics (2 lanes, 1 side)		10:00-11:30 a.m. Water Aerobics (2 lanes) Open Swim (1 lane)						
11:00 AM	11:00 a.m -6 :00 p.m. Open Swim (all lanes)				11:00 a.m.-6:00 p.m. Open Swim (all lanes) Pool Closed Nov. 27	11:30 a.m.-3:00 p.m. Open Swim (all lanes)							
12:00 PM													
1:00 PM			1:00-2:30 p.m. Water Aerobics (2 lanes, 1 side)										
2:00 PM													
3:00 PM			2:30-8:00 p.m. Open Swim (all lanes)										
4:00 PM													
5:00 PM	NO LANES 6-7pm	5:30-6:30 p.m. Water Aerobics (1 lane)	:5:30-8:00pm Swim Lesson South Side of Pool	6:00-7:N00 p.m. Water Aerobics (1 lane, 1 side)									
6:00 PM							Swim Lessons 5:15-7:00 South Side of Pool						
7:00 PM	7:00-8:00p Open Swim (All Lanes)	7:00-8:00 p.m. Open Swim (All Lanes)	7:00-8:00 p.m. Open Swim (All Lanes)	7:00-8:00 p.m. Open Swim (All Lanes)									

OAK PARK YMCA AQUATICS INFORMATION

Swim Lessons

Swim Lesson Registration Begins December 15 for Members and December 17 for Non-members
Classes Begin January 5

Lap Swim

We ask that all swimmers 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. Walkers please be respectful and you sides when Lap Swimmers are waiting.

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 length on their back, and ability to tread water for 30 seconds.
- Ages 8 & under: Must have a 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 are required to wear a life jacket.

Water Aerobics

Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves makes for a great total body workout in the water. All fitness levels are welcome, and no swimming ability is required.

Aqua Zumba

Love Zumba? Love water aerobics? Come join us for Aqua Zumba! Dance through the water getting your cardio and resistance training all in one! Aqua Zumba is fabulous for everyBODY, and is even great for your joints. Come and see what we're all about. Fee: \$5.00 per class (no class on October 12)