

OAK PARK POOL SCHEDULE

Jan 5-Jan. 31

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM					6:00-9:00 a.m. Open Swim (all lanes)		
7:00 AM	6:00-9:15 a.m. Open Swim (all lanes)						7:00 a.m.-1:00 p.m. Open Swim (all lanes)
8:00 AM			6:00 a.m.-1:00 p.m. Open Swim (all lanes)				
9:00 AM							1:00-2:00pm 2 Lap Lanes Water Aerobics
10:00 AM	9:15-11:00 a.m. Water Aerobics				9:30-11:00 a.m. Water Aerobics (2 lanes, 1 side)		1:00-2:00pm North Side Closed 1 Lane Closed
11:00 AM	11:00 a.m.-6:00 p.m. Open Swim (all lanes)	6:00 a.m.-5:30 p.m. Open Swim (all lanes)		6:00 a.m.-5:45 p.m. Open Swim (all lanes)		10:00-11:30 a.m. Water Aerobics (2 lanes) Open Swim (1 lane)	
12:00 PM						11:30 a.m.-3:00 p.m. Open Swim (all lanes)	2:00-3:00 Open Swim (all lanes)
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Swim Lessons 5:15-7:00 South Side of Pool		5:30-6:30 p.m. Water Aerobics (1 lane)	2:30-8:00 p.m. Open Swim (all lanes)			
6:00 PM	Lap Lanes Closed 6pm-7pm Tri Swim			5:30-8:00pm Swim Lesson South Side of Pool	6:00-7:00 p.m. Water Aerobics (1 lane, 1 side)		
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)	7:00-8:00 p.m. Open Swim (All Lanes)		

OAK PARK YMCA AQUATICS INFORMATION

Swim Lessons

Swim Lesson Registration for February Classes January 26 for members and January 28 from 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 use 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.

TRI TEAM: Begins January 3rd Lap Lanes closed Saturday's from 7am-10am