



# OAK PARK POOL SCHEDULE

May 1-31

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
<b>6:00 AM</b>	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)	7:00-10:00am Sides open <b>NO LAP LANES</b> May 2, and 9 Lanss Open beginning May 16th	7:00 a.m.-1:00 p.m. Open Swim (all lanes)						
<b>7:00 AM</b>					9:15-11:00 a.m. Water Aerobics			1:00-2:30 p.m. Water Aerobics (2 lanes, 1 side)	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)	1:00-2:00pm Water Aerobics North Side Closed 1 Lane Closed		
<b>8:00 AM</b>												11:00 a.m -6:00 p.m. Open Swim (all lanes)	2:30-8:00 p.m. Open Swim (all lanes)
<b>9:00 AM</b>	5:15-7:00 South Side of Pool				5:30-6:30 p.m. Water Aerobics (1 lane)	5:30-8:00pm Swim Lesson South Side of Pool	6:00-7:00 p.m. Water Aerobics (1 lane, 1 side)	2:00-3:00 Open Swim (all lanes)					
<b>10:00 AM</b>			Lap Lanes Closed 6pm-7pm Tri Swim Lanes re-open May 11						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)	
<b>11:00 AM</b>		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)
<b>12:00 PM</b>	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)						
<b>1:00 PM</b>								7:00-8:00p Open Swim (All Lanes)					
<b>2:00 PM</b>			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)		
<b>3:00 PM</b>		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)
<b>4:00 PM</b>	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)						
<b>5:00 PM</b>								7:00-8:00p Open Swim (All Lanes)					
<b>6:00 PM</b>			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)		
<b>7:00 PM</b>		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 for Summer Begins May 18 for Members and May 20 for Non-Members

Classes for June will be 2x a week for 3 weeks

Classes for July will 1x a week for 6 weeks.

### 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.