



OAK PARK POOL SCHEDULE

July 1-31

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

OAK PARK YMCA AQUATICS INFORMATION

Swim Lessons

Classes for June will be 2x a week for 3 weeks June 8-June 25

Classes for July will 1x a week for 6 weeks. July 6-August 13

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.