OAK PARK POOL SCHEDULE

November 1-30

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							1:00-2:00 pm 2 Lap Lanes Water Aerobics 1:00-2:00pm North Side Closed 1 Lane Closed
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 (3 lanes) Open Swim (1 lane)	
10:00 AM							
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)	11:30 a.m.-3:00 p.m. Open Swim (all lanes)	2:00-3:00 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) :5:30-8:00pm Swim Lesson South Side of Pool				
4:00 PM							
5:00 PM		5:30-7:00 p.m. Water Aerobics (2 Lanes 1 side) (1 lane open for laps)					
6:00 PM	6:00-7:00 Open Swim (1 Lane)			6:00-7:00 p.m. Water Aerobics (2 Lanes 1 side) 1 Lane open for laps			
7:00 PM	7:00-8:00 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

Next Registration Begins December 14 for members December 16 for non-members

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.