



OAK PARK YMCA POOL SCHEDULE - Oct 1 - Oct 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:45am Open	6:00-12:00pm Open	6:00-1:00 Open	6:00-12:00pm Open	6:00-9:00am Open	7:00-10:00a Open	*7:00-1:00pm Open
9:00-11:00am Closed for Water Aerobics				9:30-11:00a Closed 2 Lap Lanes and 1 Side for Water Aerobics	10:00-11:30a Closed 2 Lap Lanes Both Side Water Aerobics	
11:00-12:00pm Open (All Lanes)	12:00-5:30pm Open	1:00-2:30pm 2 Lanes and 1 side Closed for Water Aerobics	12:00-4:00pm Open	11:00-6:00pm Open	<u>Open</u> <u>1 Lap Lane</u>	
12:00-4:00pm Open		2:30-5:45pm Open	4:00-5:45pm Open			
4:00pm-6:00pm Open	5:30-6:30pm Water Aerobics 2 Lap Lanes Open 1 side closed				11:30-2:00p Open	
6-7pm Lap Lanes closed	*Swim Lessons 5:45-6:45p	*5:45-8:00pm Open	6:00-7:00pm 1 Lap lane and 1 Side Closed for Water Aerobics			
7-8pm Open	6:30-7:30pm OPEN	*Swim Lessons	6:00-7:00pm Open 2 Lanes 1 Side	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Regional Aquatic Director Theresa Sheridan tsheridan@lansingymca.org </div>		

OAK PARK YMCA AQUATIC INFORMATION

SWIM LESSONS

Registration October 7th for members @ 12p and October 9th for non-members @ 12pm Classes begin October 21st

LAP SWIM

We ask that all 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.

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 on their back and ability to tread water for 30 seconds.

Ages 4 & under: Must have a parent in the water with the child.

Ages 5-8 years old: Must have 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 will be required to wear a lifejacket.

Water Aerobics Mon 9am-10:00am,10:00am-11:00am Wednesday 1:00-2:30pm Tuesday 5:30-6:30pm Thursday 6-7pm Friday 9:30-11:00am Saturday 10:00-11:00am

Enjoy a great workout that gets the body moving. Each class involves both Aerobic activity and strength training.