



OAK PARK AQUATICS SCHEDULE

FOR OCTOBER 1-31

Date revised 10/7/24

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|--|--|--|---|--|--|---|
| 6:00 AM | 6:00-8:45 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) | 7:00-10:00 a.m. Lap Swim (all lanes) | 7:00 a.m.-1:00 p.m. Open Swim (all lanes) |
| 7:00 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 9:00 AM | 9:00-11:00 a.m. Water Aerobics | | | | 9:30-11:00 a.m. Water Aerobics | | |
| 10:00 AM | | | | | | | |
| 11:00 AM | 11:00 a.m.-6:00 p.m. Open Swim (all lanes) | | 10:00-11:30 a.m. Water Aerobics (2 lanes) Open Swim (1 lane) | | 11:30 a.m.-2:00 p.m. Open Swim (all lanes) | | |
| 12:00 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 2:00 PM | | | 1:00-2:30 p.m. Water Aerobics | | 11:00 a.m.-6:00 p.m. Open Swim (all lanes) | | |
| 3:00 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 5:00 PM | | 2:30-5:45 p.m. Open Swim (all lanes) | | | | | |
| 6:00 PM | | 5:30-6:30 p.m. Water Aerobics 5:45-6:45 p.m. Swim Lessons | 6:00-7:00 p.m. Water Aerobics Open Swim | | | | |
| 7:00 PM | 6:30-7:30 p.m. Open Swim (all lanes) | 5:45-8:00 p.m. Swim Lessons | | | | | |
| | 7:00-8:00 p.m. Open Swim (all lanes) | | | | | | |

OAK PARK YMCA AQUATICS INFORMATION

Swim Lessons

Next Registration: October 7th (12:00 p.m.) for members; October 9th (12:00 p.m.) for non-members. Classes begin October 21st.

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.

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 are required to wear a lifejacket.

Water Aerobics

All fitness levels are welcome, and no swimming ability is required. Enjoy an aerobic workout with less stress on your joints. A variety of cardiovascular moves make for a great total body workout in the water.