



# OAK PARK POOL SCHEDULE

FOR JANUARY 6-31

Date revised: 1/8/25

| TIME            | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY                                     | SATURDAY   | SUNDAY  |  |  |
|-----------------|--|--|--|---|--|--|---|--|--|
| <b>6:00 AM</b>  | 6:00-9:15 a.m.<br>Open Swim<br>(all lanes)                     | 6:00 a.m.-5:30 p.m.<br>Open Swim<br>(all lanes)  | 6:00 a.m.-1:00 p.m.<br>Open Swim<br>(all lanes)  | 6:00 a.m.-5:45 p.m.<br>Open Swim<br>(all lanes) | 6:00-9:00 a.m.<br>Open Swim<br>(all lanes) | 7:00-10:00 a.m.<br>Tri-Team in all lap lanes<br>(sides open) | 7:00 a.m.-1:00 p.m.<br>Open Swim<br>(all lanes) |  |  |
| <b>7:00 AM</b>  |  |  |  |   | 9:15-11:00 a.m.<br>Water Aerobics          |  |   | 9:30-11:00 a.m.<br>Water Aerobics<br>(2 lanes, 1 side) | 11:00 a.m.-6:00 p.m.<br>Open Swim<br>(all lanes) |
| <b>8:00 AM</b>  |  |  |  |   |  |  |   |  |  |
| <b>9:00 AM</b>  | 11:30 a.m.-2:00 p.m.<br>Open Swim<br>(all lanes)               |  |  |   |  |  |   |  |  |
| <b>10:00 AM</b> |  |  | 11:00 a.m.-6:00 p.m.<br>Open Swim<br>(all lanes) |   |  |  |   |  |  |
| <b>11:00 AM</b> | 1:00-2:30 p.m.<br>Water Aerobics<br>(2 lanes, 1 side)          |  |  |   |  |  |   |  |  |
| <b>12:00 PM</b> |  | 2:30-7:00 p.m.<br>Open Swim<br>(all lanes)       |  |   |  |  |   |  |  |
| <b>1:00 PM</b>  | 5:30-6:30 p.m.<br>Water Aerobics<br>(1 lane)                   |  |  |   |  |  |   |  |  |
| <b>2:00 PM</b>  |  | 5:30-7:00 p.m.<br>Open Swim<br>(all other lanes) |  |   |  |  |   |  |  |
| <b>3:00 PM</b>  | 6:00-7:00 p.m.<br>Tri-Team<br>in all lap lanes<br>(sides open) |  |  |   |  |  |   |  |  |
| <b>4:00 PM</b>  |  | 7:00-8:00 p.m.<br>Open Swim<br>(all lanes)       |  |   |  |  |   |  |  |
| <b>5:00 PM</b>  |  |  |  |   |  |  |   |  |  |
| <b>6:00 PM</b>  |  |  |  |   |  |  |   |  |  |
| <b>7:00 PM</b>  |  |  |  |   |  |  |   |  |  |

## OAK PARK YMCA AQUATICS INFORMATION

### Swim Lessons

Next Registration: January 27th for members; January 29th for non-members. Classes begin February 17th.

### 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 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.