

Spring 2Wk 1-8 Pool Schedule(4.15.12-6.9.12)* This schedule is subject to change. Please read the back for rules / policies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 – 9:45 a Adult Lap Swim *Group lessons- 1 lap lane	5:30-9:00 a Adult Lap Swim	5:30-9:15 a Adult Lap Swim	5:30-9:00 a Adult Lap Swim	5:30-9:15 a Adult Lap Swim	5:30-9:00 a Adult Lap Swim	6:00-8:30 a Adult Lap Swim <u>only 2 lap lanes available from 8-830a</u>
9:45-10:30 a Prenatal Aqua Aerobics/ Stroke Mechanics	9:00-10:00 a Hydro Fit	9:15-10:00 a Twinges in the Hinges	9:00-10:00 a Hydro Fit 10:00-11:00a Group lessons	9:15-10:00 a Twinges in the Hinges	9:00-10:00 a Hydro Fit 10:00-10:30 a Group lessons	8:00 – 2:00 p Group Lessons
10:30 – 2:00 p Group Lessons	10:00-1:00p Adult Lap Swim *Group lessons- 1 lap lane	10:00-1:00p Adult Lap Swim *Group lessons- 2 lap lanes	10:00-12:00 p Open Swim *Group lessons- 1 lap lane	10:00-12:00 p Open Swim	10:30-11:15a Water Dance	2:00 – 6 p Open Swim
<u>2-3p</u> Water Polo	1:00 – 3:55 p Open Swim 3:00-4:00p *Group lessons- 1 lap lane	1:00 – 4:30 p Open Swim 2:45-4:30p *Group lessons- 1 lap lane	12:00 – 2:00 p Adult Lap Swim 2:00-3:30p Open Swim *Group lessons- 1 lap lane	12:00 – 2:00 p Adult Lap Swim Group lessons- 1 lap lane	11:15 – 2:00 p Adult Lap Swim	
<u>3:00-5:30p</u> Open Swim •2 • lap lanes available	4:00 – 7:15 p. Group Lessons	4:30 – 6:00 p Penguins Swim Team	3:30 – 6:00 p Group Lessons 6:00-7:00p Water Polo	2:00-4:30p Open Swim	2:00-3:00p Open Swim 3:00-4:30p Afterschool Camp	
	7:15-8p Open swim	6:00 – 8:00 p Group Lessons	7:00-8:00 Open Swim *Group lessons- 1 lap lane	4:30-6:00 p Penguins Swim Team	4:30-6:30p Penguins Swim Team	
Adult Lap Swim is reserved for those who are 16 years of age or older. Children under the age of 6 must have an adult in the water swimming at all times. Children under the age of 9 must have an adult in the water with them unless they have passed the deep end test. Anyone 18 years or younger who wishes to swim in the deep end must first pass a deep end test	8:00 – 9:00 p Adult Lap Swim	8:00 – 9:00 p Hydro Fit	8:00 – 9:00 p Adult Lap Swim	6:00 – 8:00 p Group Lessons 8:00 – 9:00 p Hydro Fit	6:30-8:00p Group Lessons lap lane available 7:30 – 9:00 p Adult Lap Swim	Irving Park YMCA 4251 W. Irving Park Rd. 773-777-7500 www.irvingparkymca.org