



# Kankakee Area YMCA Walker (Large) Pool Schedule

January 9 - February 18, 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open & Lap Swim (5 lanes) 5:00-8:00am	Adult Open & Lap Swim (5 lanes) 5:00-8:00am	Adult Open & Lap Swim (5 lanes) 5:00-8:00am	Adult Open & Lap Swim (5 lanes) 5:00-8:00am	Adult Open & Lap Swim (5 lanes) 5:00-8:00am	Adult Open & Lap Swim (4 lanes) 7:00-8:00 am	
Deep Water Lap Swim (1 Lane) 8:15 - 9:00am	Aqua Strength Lap Swim (1 Lane) 8:15 - 9:15am	Deep Water Lap Swim (1 Lane) 8:15 - 9:00am	Aqua Strength Lap Swim (1 Lane) 8:15 - 9:15am	Deep Water Lap Swim (1 Lane) 8:15 - 9:00am	Water Exercise & Lap Swim (1 lane) 8:00-9:00 am	Adult Open (3 lanes) Lap Swim (3 lanes) 8:15 - 10am
Swim Lessons Lap Swim (2 lanes) 9:00am-9:45pm	Swim Lessons Lap Swim (1 lane) 9:15am - 11am	Open Swim Lap Swim (3 lanes) 9:00am-12:25pm	Lap Swim (3 lanes) Open Swim (3 lane) 9:30am - 12:30pm	Open Swim Lap Swim (3 lanes) 9:00am-12:25pm	Swim Lessons Lap Swim (1 lane) 9:00am - 11:15am	
Open Swim Lap Swim (3 lanes) 9:45am - 12:25pm	Swim Lessons 11 - 11:45am Open Swim Lap Swim 11 - 12:30pm	Aqua Mix & Lap Swim (2 lanes) 12:30 - 1:15pm	Twinges & Lap Swim (1-2 lane) 12:30-1:30pm	Aqua Mix & Lap Swim (2 lanes) 12:30 - 1:15pm	Open Swim Lap Swim (3 lane) 11:20 - 4pm	Open Swim (3 lane) Lap Swim (3 lane) 12:30 - 3:30pm
Aqua Mix & Lap Swim (2 lanes) 12:30 - 1:15pm	Twinges & Lap Swim (1-2 lane) 12:30-1:30pm	Open swim Lap Swim (3 lanes) 1:15 - 3:45pm	Splash! (6 lanes) Open (Deep end only) 1:30pm - 2:15pm Open Swim Lap Swim (3 lane) 2:15 - 3:45pm	Open swim Lap Swim (2 lanes) 1:15-3:45pm		
Open swim Lap Swim (3 lanes) 1:15 - 3:45pm	Splash! (6 lanes) Open (Deep end only) 1:30pm - 2:15pm Open Swim Lap Swim (3 lane) 2:15 - 3:45pm	Open swim Lap Swim (3 lanes) 1:15 - 3:45pm	Splash! (6 lanes) Open (Deep end only) 1:30pm - 2:15pm Open Swim Lap Swim (3 lane) 2:15 - 3:45pm	Open swim Lap Swim (2 lanes) 1:15-3:45pm		
Lap Swim (1 lane) ST (3 - 4 lane) 3:45 - 4:55pm	Swim Lessons Lap Swim (1 lane) Swim Team (3 lane) 3:45 - 5:00pm	Lap Swim (1 lane) ST (3 - 4 lane) 3:45 - 4:55pm	Swim Lessons Lap Swim (1 lane) Swim Team (3 lane) 3:45 - 5:00pm	Open swim Lap Swim (1 lane) ST (3 - 4 lane) 3:45 - 5:15pm		
Swim Lessons Lap Swim (1 lane) 4:55 - 6:30pm	Swim Lessons Lap Swim (1 lane) 5:00 - 6:30pm Aqua X (no instructor) 5:45-6:30pm	Swim Lessons Lap Swim (1 lane) 4:55 - 6:30pm	Swim Lessons Lap Swim (1 lane) 5:00 - 6:30pm Aqua X 5:45-6:30pm	Open Swim Lap Swim (3 lanes) 5:15 - 7:30pm		
ST (4 lane) Open (1 lane) Lap Lane (1 lane) 6:30 - 7:45pm	Swim Team (3 lane) RVSR (2 lane) Lap Swim (1 lane) 6:30 - 7:15pm	ST (3 - 4 lane) Swim Lessons Lap Lane (1 lane) 6:30 - 7:15pm	ST (3-4 lane) Swim Lessons Lap Swim (1 lane) 6:30 - 7:15pm	Tues/Thurs 1:30 - 2:15PM Lap Swim and Open swim will resume on 1/19/2023	Lap lanes will only be available during designated times and only 2 people per lane will be allowed, unless all swimmers agree to circle swimming. During open swim, children under the age of 13 years must have an adult present in the facility. Children under 7 years, or in need of assistive flotation, must have an adult in the water with them within arms distance, all others comfortable in the water may swim.	
Open Swim Lap Swim (3 lanes) 7:45 - 8:30pm	Swim Team 6:30 - 7:45pm Open Swim Lap Lane (2 lane) 7:15 - 8:30pm	Swim Team 6:30 - 7:45pm RVSR (2 lane) Open Swim Lap Lane (2 lane) 7:30 - 8:30pm	Swim Team 6:30 - 7:45pm Open Swim Lap Lane (2 lane) 7:15 - 8:30pm			
Legend: Blue = Lap Swim    Red = Open Swim    Green = Aqua Fitness Purple = Rentals    Black = Swim Lessons/Swim Team				This schedule was last updated on 1/6/2023. Pool schedule may change for programming needs.		

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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