



# Kankakee Area YMCA Large Pool Schedule September 3, 2019 - December 14, 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open & Lap Swim 5:00-8:15am	Adult Open & Lap Swim 5:00-8:15am	Adult Open & Lap Swim 5:00-8:15am	Adult Open & Lap Swim 5:00-8:15am	Adult Open & Lap Swim 5:00-8:15am		
					Adult Open & Lap Swim 7:00-8:00 am	
Deep Water Lap Swim 8:15 - 9:00am	Aqua Aerobics & Lap Swim 8:15-9:15am	Deep Water Lap Swim 8:15 - 9:00am	Aqua Aerobics & Lap Swim 8:15-9:15am	Deep Water & Lap Swim 8:15 - 9:00am	Water Exercise & Lap Swim 8:00-9:00 am	Adult Open & Lap Swim 8:00am-10:00am
Swim Lessons & Lap Swim 9:00-10:00am		Swim Lessons & Lap Swim 9:00-10:00am			Swim Lessons & Lap Swim 9:00 -11:15 am	
Open Swim & Lap Swim 10:00am - 12:30pm	Swim Lessons & Lap Swim 9:15-12:00pm	Open Swim & Lap Swim 10:00-11:00am	Open Swim & Lap Swim 9:15-12:00pm	Open Swim & Lap Swim 9:00-12:30pm		
		Swim Lessons & Lap Swim 11:00-12:00pm				
Aqua Mix & Lap Swim 12:30 - 1:15pm	Open Swim & Lap Swim 12:00 - 1:00pm	Open & Lap Swim 12 - 12:30pm	Splash Lessons & Lap Swim 12:00-1:00pm	Aqua Mix & Lap Swim 12:30 - 1:15pm		
	Twinges & Lap Swim 1:00-2:00pm	Aqua Mix & Lap Swim 12:30 - 1:15pm	Twinges & Lap Swim 1:00-2:00pm		Open Swim & Lap Swim 11:15am-4:30pm	Open Swim & Lap Swim 12:30pm-4:30pm
Open Swim & Lap Swim 1:15-4:45pm (Swim Team 4-5pm)	Open Swim & Lap Swim 2:00-4:00pm	Open Swim & Lap Swim 1:15-4:45pm (Swim Team 4-5pm)	Splash Lessons 2:00-3:00pm			
			Open Swim & Lap Swim 3:00-4:15pm	Open Swim & Lap Swim 1:15-7:30pm (Swim Team 4-5:30)		
Swim Lessons & Lap Swim 5:00pm-6:30pm	Swim Lessons & Lap Swim 4:15 - 5:45pm		Swim Lessons 4:15 - 5:45pm			
	Swim Lessons, Water Exercise & Lap Swim 5:45-6:30pm	Swim Lessons & Lap Swim 4:45-7:15pm (Swim Team 6:15-7:45pm)	Swim Lessons, Water Exercise & Lap Swim 5:45-6:30pm			
Open & Lap Swim 6:30-7:30pm (Swim Team 6:15-7:45)	RVSR & Lap Swim 6:30 - 7:30pm (Swim Team 6:15-7:45)		Swim Lessons & Lap Swim 6:30-7:15pm (Swim Team 6:15-7:45)	<b><i>During Splash!, there will be no lap swim available. During open swim, children under the age of 7 years or children who need a floatation device must have an ADULT in the water with them; all others comfortable in the water may swim.</i></b>  <b>This schedule was last updated on 9/3/19. Pool schedule may change for programming needs.</b>		
Open Swim & Lap Swim 7:30 - 8:45pm	Open Swim & Lap Swim 7:30 - 8:45pm	Open Swim & Lap Swim 7:15 - 8:45pm	Open Swim & Lap Swim 7:30 - 8:45pm			

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

**k3ymca.org • Like us on Facebook.com/KankakeeAreaYMCA**