



Kankakee Area YMCA Walker (Large) Pool Schedule



December 30, 2024 - January 5, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open & Lap Swim (5 lanes) 5:00-8:00am	Adult Open & Lap Swim (5 lanes) 7:00-8:00am	Adult Open & Lap Swim (5 lanes) 7:00-8:00am	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 (2 Lane) 8:15 - 9:15am	Deep Water (no instructor) Lap Swim (2 Lane) 8:15 - 9:00am	Aqua Strength Lap Swim (2 Lane) 8:15 - 9:15am	Deep Water Lap Swim (1 Lane) 8:15 - 9:00am	Water Exercise & Lap Swim (1 lane) 8:00-9:00am	Adult Open (3 lane) Lap Swim (3 lane) 8:15 - 10am
Open Swim Lap Swim (3 lanes) 9:05am-11:55am	Open Swim Lap Swim (1-2 lanes) ST (3 lane) 9:05 - 10:30am	Open Swim Lap Swim (3 lanes) 9:05 - 10:30am	Open Swim Lap Swim (3 lanes) 9:05am-12:25pm	Open Swim Lap Swim (3 lanes) 9:05am-12:25pm	Open Swim Lap Swim (3 lane) 9:05am - 4pm	
Aqua Mix & Lap Swim (2 lanes) 12:30 - 1:15pm	New Year's Eve YMCA open 6:30am-11am		Twinges in Hinges Lap Swim (2 lanes) 12:30 - 1:15pm	Aqua Mix & Lap Swim (2 lanes) 12:30 - 1:15pm		Open Swim (3 lane) Lap Swim (3 lane) 12:30 - 3:30pm
Open swim (Ykids 1:45 - 2:45pm) Lap Swim (3 lanes) 1:20 - 3:40pm			Open swim (Ykids 1:45 - 2:45pm) Lap Swim (3 lanes) 1:20 - 2:40pm	Open swim (Ykids 1:45 - 2:45pm) Lap Swim (3 lanes) 1:20 - 3:40pm		
Lap Swim (1 lane) ST (4 lane) 3:45 - 5:15pm			Open swim Lap Swim (1 lane) Swim Team (4 lane) 2:45 - 5:15pm	Open swim Lap Swim (1 lane) Swim Team (4 lane) 3:45 - 5:15pm		
Open Swim Lap Swim (3 lane) 5:15 - 6:15pm			Open Swim Lap Swim (3 lanes) 5:15 - 6:15pm	Open Swim Lap Swim (3 lanes) 5:20 - 7:30pm		
ST (4 lane) Open (1 lane) Lap Lane (1 lane) 6:15 - 7:45pm	ST (4 lane) Open (1 lane) Lap Lane (1 lane) 6:15 - 7:45pm	ST (4 lane) Open (1 lane) Lap Lane (1 lane) 6:15 - 7:45pm	ST (4 lane) Open (1 lane) Lap Lane (1 lane) 6:15 - 7:45pm	ST (4 lane) Open (1 lane) Lap Lane (1 lane) 6:15 - 7:45pm	Lap lanes will only be available during designated times. If 3 or more people are waiting for a lane, priority will go to those willing to circle swim. 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	Open Swim Lap Swim (3 lanes) 7:45 - 8:30pm	Open Swim Lap Swim (3 lanes) 7:45 - 8:30pm	Open Swim Lap Swim (3 lanes) 7:45 - 8:30pm	Open Swim Lap Swim (3 lanes) 7:45 - 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 12/26/2024. 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.

k3ymca.org • Like us on Facebook.com/KankakeeAreaYMCA • Follow us on Twitter