



Kankakee Area YMCA Large Pool Schedule August 19 - August 25, 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open & Lap Swim 5:00-8:15am	Adult Open & Lap Swim 5:00-9:00am	Adult Open & Lap Swim 5:00-8:15am	Adult Open & Lap Swim 5:00-9:00am	Adult Open & Lap Swim 5:00-8:15am		
Deep Water Lap Swim 8:15 - 9:00am		Deep Water Lap Swim 8:15 - 9:00am		Deep Water & Lap Swim 8:15 - 9:00am	Adult Open & Lap Swim 7:00-8:00 am	
Open Swim & Lap Swim 9:00-12:30pm	Aqua Aerobics & Lap Swim 9:00-10:00am	Open Swim & Lap Swim 9:00-10:00am	Aqua Aerobics & Lap Swim 9:00-10:00am	Open Swim & Lap Swim 9:00-12:30pm	Water Exercise & Lap Swim 8:00-9:00 am	Adult Open & Lap Swim 8:00am-10:00am
	Open Swim & Lap Swim 10:00-12:00pm	Open Swim & Lap Swim 10:00-11:00am	Open Swim & Lap Swim 10:00-1:00pm		Open Swim & Lap Swim 9:00 -11:15 am	
Aqua Mix & Lap Swim 12:30 - 1:15pm	Open Swim & Lap Swim 12:00 - 1:00pm	Open & Lap Swim 12 - 12:30pm	Open Swim & Lap Swim 11:00-12:00pm	Aqua Mix & Lap Swim 12:30 - 1:15pm		
Open Swim & Lap Swim 1:15-6:30pm	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 1:15-6:30pm	Open Swim & Lap Swim 11:15am-4:30pm	Open Swim & Lap Swim 12:30pm-4:30pm
	Open Swim & Lap Swim 2:00-6:30pm	Open Swim & Lap Swim 1:15-4:45pm	Splash 2:00-3:00pm			
Open & Lap Swim 6:30-7:30pm	Open Swim & Lap Swim 6:30 - 7:30pm	Open Swim & Lap Swim 4:45-7:15pm	Open Swim & Lap Swim 3:00-6:30pm			
Open Swim & Lap Swim 7:00 - 8:30pm	Open Swim & Lap Swim 7:30 - 8:30pm	Open Swim & Lap Swim 7:15 - 8:30pm	Open Swim & Lap Swim 7:30pm - 8:30pm	<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>		
				This schedule was last updated on 8/8/19. 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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