



Kankakee Area YMCA Large Pool Schedule July 14, 2019 - August 18, 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	Adult Open & Lap Swim 7:00-8:00 am	
Deep Water Lap Swim 8:15 - 9:00am		Deep Water Lap Swim 8:15 - 9:00am		Deep Water & Lap Swim 8:15 - 9:00am		
Swim Lessons & Lap Swim 9:00-11:30am	Aqua Aerobics & Lap Swim 9:00-10:00am	Swim Lessons & Lap Swim 9:00-11:30am	Aqua Aerobics & Lap Swim 9:00-10:00am	Open Swim & Lap Swim 9:00-12:30pm	Swim Lessons & Lap Swim 9:00 -11:15 am	Adult Open & Lap Swim 8:00am-10:00am
	Open, Lap Swim & Intensive lessons 11:30 - 12:30pm		Swim Lessons & Lap Swim 10:00-12:15pm			
Aqua Mix & Lap Swim 12:30 - 1:30pm	Open Swim & Lap Swim 12:15 - 1:00pm	Aqua Mix & Lap Swim 12:30 - 1:30pm	Open, Lap Swim & Intensive lessons 11:30 - 1:00pm	Aqua Mix & Lap Swim 12:30 - 1:30pm	Open Swim & Lap Swim 11:15am-4:30pm	Open Swim & Lap Swim 12:30pm-4:30pm
Open Swim, Camp Swim & Lap Swim 1:30-4:00pm	Twinges & Lap Swim 1:00-2:00pm	Open Swim, Camp Swim & Lap Swim 1:30-4:45pm	Twinges & Lap Swim 1:00-2:00pm	Open, Camp & Lap Swim 1:30-6:30pm		
	Open, Camp & Lap Swim 2:00-4:00pm		Open, Camp & Lap Swim 2:00-4:00pm			
Swim Lessons & Lap Swim 4:00pm-7:30pm	Swim Lessons & Lap Swim 4:00 - 5:45pm	Swim Lessons & Lap Swim 4:00-7:15pm	Swim Lessons & Lap Swim 4:00 - 5:45pm			
	Swim Lessons, Water Exercise & Lap Swim 5:45-6:30pm		Swim Lessons, Water Exercise & Lap Swim 5:45-6:30pm			
Open Swim & Lap Swim 7:00 - 8:30pm	Lessons & Lap swim 6:30 - 7:30pm	Open Swim & Lap Swim 7:15 - 8:30pm	Swim Lessons & Lap Swim 6:30-7:30pm	Open, Camp & Lap Swim 1:30-6:30pm		
	Open Swim & Lap Swim 7:00 - 8:30pm		Open Swim & Lap Swim 7:15 - 8:30pm			
This schedule was last updated on 6/7/19. Pool schedule may change for programming needs.						

During all pool hours, there will be at least one lane available for Lap Swim. During open swim, children under the age of 7 years must have an adult in the water with them, all others comfortable in the water may swim.

practice through programs that build healthy spirit, mind, and body for all.

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