



Kankakee Area YMCA Large Pool Schedule January 6, 2020 - March 22th, 2020



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	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						
Open Swim & Lap Swim 10:00am - 12:30pm	Swim Lessons & Lap Swim 9:15 - 11:45am	Swim Lessons, Open Swim (2 lanes) & Lap Swim 9:00-12:00pm	Open Swim & Lap Swim 9:15am - 1:00pm	Open Swim & Lap Swim 9:00-12:30pm (NO LAP OR SHALLOW WATER ACCESS Feb. 21 - April for SPLASH Lessons from 11:45 - 12:30pm)	Swim Lessons & Lap Swim 9:00 - 11:15 am	
	Open Swim & Lap Swim 11:45am - 1:00pm	Open & Lap Swim 12 - 12:30pm				
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	Aqua Mix & Lap Swim 12:30 - 1:15pm		
Open Swim & Lap Swim 1:15-4:45pm (Swim Team 4 - 5pm)	Open Swim & Lap Swim 2:00 - 4:15pm	Open Swim & Lap Swim 1:15-4:45pm (Swim Team 4-5pm)	Splash Lessons NO LAP LANES!! 2:00-3:00pm		Open Swim & Lap Swim 11:15am-4:30pm	Open Swim & Lap Swim 12:30pm-4:30pm
	Swim Lessons & Lap Swim 4:15 - 5:45pm		Open Swim & Lap Swim 3:00-4:15pm	Open Swim & Lap Swim 1:15-7:30pm		
Swim Lessons & Lap Swim 5:00pm-6:30pm	Swim Lessons & Lap Swim 4:15 - 5:45pm	Swim Lessons & Lap Swim 4:45-7:15pm (Swim Team 6:30 - 7:45pm)	Swim Lessons & Lap Swim 4:15 - 5:45pm			
	Swim Lessons, Water Exercise & Lap Swim 5:45-6:30pm		Swim Lessons, Water Exercise & Lap Swim 5:45-6:30pm			
Swim Team, Open Swim (2 lanes) & Lap Swim 6:30-7:30pm	Swim Team, RVSR & Lap Swim 6:30 - 7:30pm		Swim Team Lessons & Lap Swim 6:30-7:15pm	While we attempt to have at least one lap lane available at all times, we may have to remove the lap lanes to accomodate our larger programs. Thank you for understanding. During open swim, children under the age of 7 years must have an adult in the water with them, all others comfortable without an assistive device in the water may swim. This schedule was last updated on 1/3/19. Pool schedule may change for programming needs.		
Open Swim & Lap Swim 7:45 - 8:45pm	Open Swim & Lap Swim 7:30 - 8:45pm	RVSR Swim Team (7:30 - 8:30pm) 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.

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