

# Summer I Pool Schedule Week 2-5 (6/21/09-7/18/09) \* This schedule is subject to change. Please read the back for rules / policies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 – 10:00 a.m.</b> Adult Lap Swim	<b>5:30-9:00 a.m.</b> Adult Lap Swim	<b>5:30-9:30 a.m.</b> Adult Lap Swim	<b>5:30-9:00 a.m.</b> Adult Lap Swim	<b>5:30-9:00 a.m.</b> Adult Lap Swim	<b>5:30-9:00 a.m.</b> Adult Lap Swim	<b>7:00 – 9:00 a.m.</b> Adult Lap Swim
<b>10:00– 10:45 a.m.</b> Prenatal Aqua Aerobics	<b>9:00-10:00 a.m.</b> Hydro Fit	<b>9:30-11:15 a.m.</b> Grp. Less. / Camp	<b>9:00-10:00 a.m.</b> Hydro Fit	<b>10:00-11:15 p.m.</b> Camp	<b>9:00-10:00 a.m.</b> Hydro Fit	<b>9:00 – 2:00 p.m.</b> Group Lessons
<b>11:00 – 2:00 p.m.</b> Group Lessons	<b>10:00-11:00 a.m.</b> Camp / Grp. Less. <b>11:00-12:00 p.m.</b> Open Swim	<b>11:15 – 12:00 p.m.</b> Twinges and Hinges <b>12:00 – 12:30 p.m.</b> Open Swim	<b>10:00 – 10:30 p.m.</b> Camp <b>10:30 – 12:00 p.m.</b> Open Swim	<b>11:15 – 12:00 p.m.</b> Adult Lap Swim	<b>10:00 – 12:00 p.m.</b> Open Swim	<b>2:00 – 7 p.m.</b> Open Swim
<b>2:00 – 2:45 p.m.</b> Water Polo Club	<b>12:00 – 2:00 p.m.</b> Adult Lap Swim	<b>12:30 – 2:00 p.m.</b> Camp	<b>12:00 – 1:30 p.m.</b> Adult Lap Swim	<b>12:00 – 2:00 p.m.</b> Camp	<b>12:00 – 2:00 p.m.</b> Adult Lap Swim	
<b>3:00-5:00 p.m.</b> Open Swim	<b>2:00– 4:00 p.m.</b> Open Swim	<b>2:00 – 3:30 p.m.</b> SELF Group (7.7.09-7.28.09 only)	<b>1:30 – 3:30 p.m.</b> McCormick Tribune Camp <b>3:30 – 4:00 p.m.</b> Open	<b>2:00 – 3:30 p.m.</b> SELF Group (7.9.09-7.30.09 only)	<b>2:00– 7:00 p.m.</b> Open Swim	
	<b>4:00 – 5:30 p.m.</b> Group Lessons	<b>3:30 – 6:30 p.m.</b> Open Swim	<b>4:00 – 5:00 p.m.</b> Group Lessons	<b>3:30 – 6:00 p.m.</b> Open Swim	<b>7:00 – 9:00 p.m.</b> Adult Lap Swim	
	<b>5:30 – 7:30 p.m.</b> Open Swim	<b>6:30 – 8:00 p.m.</b> Group Lessons	<b>5:30 – 7:30 p.m.</b> Open Swim	<b>6:00 – 8:00 p.m.</b> Group Lessons	<b>Irving Park YMCA 4251 W. Irving Park Rd.</b> <b>773-777-7500</b> <a href="http://www.irvingparkymca.org">www.irvingparkymca.org</a>	
	<b>7:30 – 9:00 p.m.</b> Adult Lap Swim	<b>8:00 – 9:00 p.m.</b> Hydro Fit	<b>7:30 – 9:00 p.m.</b> Adult Lap Swim	<b>8:00 – 9:00 p.m.</b> Hydro Fit		

•Adult Lap Swim is reserved for those who are 16 years of age or older  
 •Children under 6 y.o. must have an adult in the water swimming at all times. Children 6-9 y.o. must have an adult in the water unless they have passed the deep end test, which would allow for an adult on deck  
 •Anyone 18 years or younger who wishes to swim in the deep end must first pass a deep end test

# Pool Protocol

- **Open Swim**
  - Two lanes are allocated for open swim, with two lap lanes. Private lessons may be conducted in the lap lane during open swim. If bather load exceeds 25 participants, one lap lane will be removed and used for open swim.
  - Pool Parties may be scheduled on Saturday and Sunday afternoon during Open Swim. All parties reserve the entire pool.
- **Adult Lap Swim**
  - Adult lap swim is for those 16 years of age or older
  - During busy times, adult lap swimmers may be limited to 30 minutes
  - We do not circle swim

## **Before entering the pool, you must:**

- Wear a swim suit (no cotton is allowed in the pool)
- Wear a swim cap if your hair is below your ear
- Shower
- Take off your street shoes

## **The pool will be closed for the following reasons:**

Vomit / Bodily Fluids / Feces

Missing Swimmer

Fire

## **The pool will NOT be closed for the following reasons:**

Severe tornado watch / warning or weather alert

Lightening