

Summer II Pool Schedule (7.22.10- 8.21.10) * This schedule is subject to change. Please read the back for rules / policies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 – 10:00 a.m. Adult Lap Swim	5:30-9:00 a.m. Adult Lap Swim	5:30-9:30 a.m. Adult Lap Swim	5:30-9:00 a.m. Adult Lap Swim	5:30-9:30 a.m. Adult Lap Swim	5:30-9:00 a.m. Adult Lap Swim	7:00 – 9:00 a.m. Adult Lap Swim
10:00– 10:45 a.m. Prenatal Aqua Aerobics	9:00-10:00 a.m. Hydro Fit	9:30-10:30 a.m. Grp. Less. / Camp	9:00-10:00 a.m. Hydro Fit	9:30-10:00 a.m. Camp *10:00 – 10:30 a.m. Open	9:00-10:00 a.m. Hydro Fit	9:00 – 2:00 p.m. Group Lessons
11:00 – 2:15 p.m. Group Lessons	10:00-11:00 a.m. Group Lessons 10:30-12:00 p.m. Open Swim	10:30 – 11:15 a.m. Twinges in the Hinges	10:00 – 11:00 p.m. Camp	10:30 – 11:15 a.m. Twinges in the Hinges	10:00 – 12:00 p.m. Open Swim	2:00 – 7 p.m. Open Swim
2:15 – 3:15 p.m. Water Polo Club	12:00 – 2:00 p.m. Adult Lap Swim	11:15 – 2:15 p.m. Camp	11:00 – 1:00 p.m. Adult Lap Swim	11:15 – 2:15 p.m. Camp	12:00 – 2:00 p.m. Adult Lap Swim	
3:15-5:00 p.m. Open Swim	2:00– 4:00 p.m. Open Swim	2:15 – 3:30 p.m. SELF Group (7.6.10-7.29.10 only)	1:00 – 3:00 p.m. McCormick Tribune Camp	2:15 – 3:30 p.m. SELF Group (7.6.10-7.29.10 only)	2:00– 7:00 p.m. Open Swim	
	4:00 – 6:00 p.m. Group Lessons	3:30p-4:00p Open Swim 4:00-5:00p.m. Youth Swim Clinic 5:00-5:45 Open Swim	3:00 – 4:00 p.m. Open 4:00 – 6:00 p.m. Group Lessons	3:30p-4:00p Open Swim 4:00-5:00p.m. Youth Swim Clinic 5:00-6:00p Open Swim	7:00 – 9:00 p.m. Adult Lap Swim	
	6:00 – 7:30 p.m. Open Swim	5:45 – 8:00 p.m. Group Lessons	6:00 – 7:30 p.m. Open Swim	6:00 – 8:00 p.m. Group Lessons	Irving Park YMCA 4251 W. Irving Park Rd. 773-777-7500 www.irvingparkymca.org	
	7:30 – 9:00 p.m. Adult Lap Swim	8:00 – 9:00 p.m. Hydro Fit	7:30 – 9:00 p.m. Adult Lap Swim	8:00 – 9:00 p.m. Hydro Fit		

Pool Protocol

- **Open Swim**
 - Three lanes are allocated for open swim, with one lap lane. Private lessons may be conducted in this lap lane during 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