

Winter I Pool Schedule Week 1 (1/3/10-1/10/10) * 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	5:30-10:00 a.m. Adult Lap Swim	5:30-9:00 a.m. Adult Lap Swim	5:30-9:00 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	10:00-10:30 a.m. Perch / Shrimp 10:30-11:15 a.m. Open Swim	9:00-10:00 a.m. Hydro Fit	9:00-12:00 p.m. Open Swim	9:00-10:00 a.m. Hydro Fit	9:00 – 2:00 p.m. Group Lessons
10:30 – 2:15 p.m. Group Lessons	10:00-12:00 p.m. Open Swim	11:15 – 12:00 p.m. Twinges and Hinges	10:00-12:00 p.m. Open Swim	12:00 – 2:00 p.m. Adult Lap Swim	10:00 – 12:00 p.m. Open Swim 12:00 – 2:00 p.m. Adult Lap Swim	2:00 – 7 p.m. Open Swim
2:15 – 3:00 p.m. Water Polo Club	12:00-2:00 p.m. Adult Lap Swim	12:00 – 2:00 p.m. Adult Lap Swim 2:00 – 3:00 p.m. Open Swim	12:00 – 2:00 p.m. Adult Lap Swim	2:00 – 4:00 p.m. Open Swim	2:00– 4:00 p.m. Open Swim	
3:00-5:00 p.m. Open Swim	2:00– 4:00 p.m. Open Swim	3:00 – 4:00 p.m. Afterschool	2:00 – 4:00 p.m. Open Swim	4:00 – 5:45 p.m. Iguana Swim Team	4:00 – 5:45 p.m. Iguana Swim Team	
	4:00 – 5:30 p.m. Group Lessons	4:00 – 5:45 p.m. Iguana Swim Team	4:00 – 6:00 p.m. Group Lessons	6:00 – 8:00 p.m. Group Lessons	6:00 – 7:00 p.m. Open Swim	
	5:30 – 7:30 p.m. Open Swim	5:45 – 8:00 p.m. Group Lessons	6:00 – 7:30 p.m. Open Swim	8:00 – 9:00 p.m. Hydro Fit	7:00 – 9:00 p.m. Adult Lap Swim	
	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		Irving Park YMCA 4251 W. Irving Park Rd. 773-777-7500 www.irvingparkymca.org	
<ul style="list-style-type: none"> •Adult Lap Swim is reserved for those who are 16 years of age or older •Children under the age of 6 must have an adult in the water swimming at all times. Children under the age of 9 must have an adult in the water unless they have passed the deep end test •Anyone 18 years or younger who wishes to swim in the deep end must first pass a deep end test 						

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