



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018 WINTER January 8th-February 18th

POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00am Lap Swim	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:00am Lap Swim	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:20am Lap Swim	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:20am Lap Swim	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:20am Lap Swim	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:20am Lap Swim	
8:00-9:00am Swim Starters	9:00-9:30am Swim Starters* (2 lap lanes open)					7:00-7:55 am Lap Swim
9:10-10:10am Water Fitness Gwyn	9:30-10:30am Adult Open Swim** No lap lanes	9:30-10:30am Water Aerobics** Glenda	9:30-10:30am Water Aerobics** Glenda	9:30-10:30am Water Aerobics** Glenda	9:30-10:30am Water Aerobics** Glenda	8:00-1:10pm Group Swim Lessons**
10:15-1:00pm Group Swim Lessons**	10:30-11:35am Swim Lessons* Open/Family Swim* (1 lap lane open)	10:30-11:35am Swim Lessons* Open/Family Swim* (1 lap lane open)	10:40-11:35pm Open/Family Swim* (2 lap lanes open)	10:40-11:35pm Open/Family Swim* (2 lap lanes open)	10:40-11:35pm Open/Family Swim* (2 lap lanes open)	1:15-4:15pm*** Open/Family Swim*
1:05-4:30pm*** Open/Family Swim*	11:45-1:30pm Lap Swim***	11:45-1:30pm Lap Swim***	11:45-1:30pm Lap Swim***	11:45-1:30pm Lap Swim***	11:45-1:30pm Lap Swim***	4:15-6:00pm*** Lap Swim
4:35-6:00pm*** Lap Swim	1:30-2:30pm Pool Closed	1:30-2:30pm Pool Closed	1:30-2:30pm Pool Closed	1:30-2:30pm Pool Closed	1:30-2:30pm Pool Closed	
	2:30-3:20pm Open/Family Swim*	2:30-3:20pm Open/Family Swim*	2:30-3:20pm Open/Family Swim*	2:30-3:20pm Open/Family Swim*	2:30-3:20pm Open/Family Swim*	
	3:30-4:55pm Group Swim Lessons**	3:30-4:55pm Group Swim Lessons**	3:30-6:25pm Group Swim Lessons**	3:30-4:55pm Group Swim Lessons**	3:30p-6:25pm Group Swim Lessons**	
	5:00-7:00pm Swim Team* (Lap lane by the stairs is open)	5:00-7:30pm Swim Team* (Lap lane by the stairs is open from 7:00-7:30)	6:30-7:00pm Swim Starters & Adult swim lessons	5:00p-7:30p Swim Team* (Lap lane by the stairs is open from 7:00-7:30)	5:45-6:45pm Swim Team (Lap lane by the stairs is open)	
	7:15-8:05pm Water Conditioning* Gwyn	7:30-8:15pm Lap Swim			6:45-8:05 pm*** Open/Family Swim*	
	8:15-9:15pm Adult Swim Lessons*	8:15-9:15pm Adult Swim Lessons*	7:05-9:15pm*** Lap Swim	7:35-9:15pm*** Lap Swim	8:15-9:15 p Lap Swim	
	*One lap lane will remain open	**Lap swimming not permitted at this time	***10 minute mandatory break every hour			



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Pool Rules

1. The lifeguard on duty is the authority in the pool.
2. Children under 9 must be accompanied by an adult at all times.
3. Running, boisterous behavior, rough play, and inappropriate language will not be tolerated.
4. Only Lake View YMCA floatation devices are allowed.
5. Individuals with ear length hair or longer must wear a swim cap.
6. Proper swim attire must be worn in the pool -- no cut-offs or cotton shorts/shirts.
7. Street shoes are not allowed on deck. Protective booties are available in the locker rooms.
8. Anyone with bandages, open blisters, cuts or lesions may not enter the water.
9. Diving, flips, twists and backward jumps are not allowed.
10. For the safety of all swimmers, individuals under the age of 14 must pass a deep-water test (one lap or 40 yard swim and treading water for 30 seconds) before swimming in the deep end.

Swim tests available during Open/Family Swim Times.
11. Pool may close every hour for a 10 minute safety break.

Exceptions: those enrolled in Lake View YMCA swim class accompanied by an instructor at the discretion of the lifeguard

Private Lessons may share pool space during Open/Family Swim or Lap Swim.
Lanes are still available for members at these times.

Julia Gillmeister
Aquatic Director
773.326.3006
jgillmeister@ymcachicago.org