

Hastings Lake YMCA Pool Schedule (January 8 - February 18)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
5:00-5:30AM								5:00-5:30AM
5:30-6:00AM								5:30-6:00AM
6:00-6:30AM								6:00-6:30AM
6:30-7:00AM								6:30-7:00AM
7:00-7:30AM								7:00-7:30AM
7:30-8:00AM								7:30-8:00AM
8:00-8:30AM								8:00-8:30AM
8:30-9:00AM		Water Fit	Water Fit	Water Fit	Water Fit	Dig Deep Cardio	Swim	8:30-9:00AM
9:00-9:30AM		8:30 to 11:30	8:45 to 9:30	8:30 to 11:30	8:45 to 9:30	Water Fit	Lesson	9:00-9:30AM
9:30-10:00AM			Dig Deep Cardio			9:45 to 11:30	8:35 to 11:10	9:30-10:00AM
10:00-10:30AM							Swim Lesson	10:00-10:30AM
10:30-11:00AM								10:30-11:00AM
11:00-11:30AM								11:00-11:30AM
11:30-12:00PM								11:30-12:00PM
12:00-12:30PM								12:00-12:30PM
12:30-1:00PM								12:30-1:00PM
1:00-1:30PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	1:00-1:30PM
1:30-2:00PM								1:30-2:00PM
2:00-2:30PM	12:00 to 4:45	11:30 to 4:50	10:30 to 4:10	11:45 to 4:10	9:45 to 4:10	11:30 to 8:45	12:00 to 4:45	2:00-2:30PM
2:30-3:00PM								2:30-3:00PM
3:00-3:30PM								3:00-3:30PM
3:30-4:00PM								3:30-4:00PM
4:00-4:30PM								4:00-4:30PM
4:30-5:00PM								4:30-5:00PM
5:00-5:30PM		Swim Lesson	Swim Lesson	Swim Lesson	Swim Lesson			5:00-5:30PM
5:30-6:00PM		Swim Team	Swim Team	Swim Team	Swim Team			5:30-6:00PM
6:00-6:30PM		5:00 to 7:00	6:25 to 5:00	6:25 to 4:30				6:00-6:30PM
6:30-7:00PM								6:30-7:00PM
7:00-7:30PM		Water Fit	Water Fit	Water Fit	Deep Water			7:00-7:30PM
7:30-8:00PM		4:30 to 9:00	5:00 to 9:00	4:30 to 9:00	5:00 to 9:00			7:30-8:00PM
8:00-8:30PM		Open Swim	Open Swim	Open Swim	Open Swim			8:00-8:30PM
8:30-9:00PM								8:30-9:00PM

This schedule is subject to change without notice. We apologize for any inconvenience. If you have any questions please call Pamela Soja at (847) 410-5319 or email at psoja@ymcachicago.org. If interested in pool rental, please contact Pamela for dates, time, and rates. Children under 9 years of age must have an adult 16 years or older in the water with them at all times. If a child can pass the deep-end swim test, parents may stay out of the pool, but must sit on the pool deck.

