



FRY FAMILY YMCA 2023 AQUATICS SCHEDULE Sept. 5th - Dec. 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Hours	5:30 am - 8:45 pm	5:30 am - 8:45 pm	5:30 am - 8:45 pm	5:30 am - 8:45 pm	5:30 am - 7:30 pm	6:30 am - 4:30 pm	8:30 am - 3:30 pm
Lap / Open Swim	5:30 am - 8:30 am	5:30 am - 8:30 am	5:30 am - 8:30 am	5:30 am - 8:30 am	5:30 am - 4 pm	6:30 am - 7 am	8:30 am - 12 pm
5 Lap Lanes 3 Open Lanes	10:30 am - 2 pm	12:30 pm - 5 pm	10:30 am - 2 pm	9:30 am - 5 pm			
Water Fitness Class	8:30 am - 9:30 am (Shallow)	8:30 am - 9:30 am (Shallow)	8:30 am - 9:30 am (Shallow)	8:30 am - 9:30 am (Shallow)	Pool Open	Pool Open	Pool Open
5 Lap Lanes	9:30 am - 10:30 am (Deep)	9:30 am - 10:30 am (Deep)	9:30 am - 10:30 am (Deep)				
Preschool Swim Lessons	Pool Open	10:30 am - 11:30 am	Pool Open	Pool Open	Pool Open	Pool Open	Pool Open
5 Lap Lanes							
Swim League	6 pm - 7 pm	5 pm - 7 pm	6 pm - 7 pm	5 pm - 7 pm	Pool Open	7 am - 10:15 am	Pool Open
2 Lap Lanes 2 Open Lanes							
Fox Swim Team	7:15 pm - 8:45 pm	7:15 pm - 8:45 pm	7:15 pm - 8:45 pm	7:15 pm - 8:45 pm	Pool Open	Pool Open	Pool Open
2 Lap Lanes 2 Open Lanes							
Family Swim	2 pm - 4:30 pm	Pool Open	2 pm - 4:30 pm	Pool Open	4 pm - 7:30 pm	2 pm - 4:30 pm	12 pm - 3:30 pm
5 Lap Lanes 3 Open Lanes							
Group Swim Lesson	4:30 pm - 8 pm	11:30 am - 12:30 pm	4:30 pm - 8 pm	Pool Open	Pool Open	9 am - 2 pm	Pool Open
2 Lap Lanes 3 Open Lanes							

- Schedule is subject to change.
- A limited number of lanes will be available during programming times.
- Private swim lessons will receive priority access to the pools during regular operating hours.

For additional information or questions, please contact Fry Aquatics at fryaquatics@ymcachicago.org or 630-904-9595.