



# INDIAN BOUNDARY YMCA AQUATICS SCHEDULE

November 2022 – April 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool Hours</b>	5:15am-8:30pm	7:00am-8:30pm	5:15am-8:30pm	7:00am-8:30pm	5:15am-7:30pm	7:00am-4:30pm	9am-3:30pm
<b>Safety Breaks</b>			6:45am 9:15am 12:30pm 3:30pm 6:30pm 8:30pm			8:30am 12:30pm	
<b>Water Fitness</b>	<b>Ballology</b> 8:15-9:15am <b>Try Ability Rehab</b> 10am-4pm	<b>Aqua Ex</b> 8-9am		<b>Aqua Ex</b> 8:15-9:15am <b>Try Ability Rehab</b> 10am-4pm	<b>Aqua Ex</b> 5:30pm – 6:30pm		
<b>Group Lessons</b>	5-6:45pm	5-6pm	5-6:45pm	<b>Adult Lessons</b> 5:00-6:00pm		<b>Parent TOT</b> 9-9:30am	
<b>Group Swims</b>	<b>Adult Lap</b> 5:15-7am		<b>Adult Lap</b> 5:15-7am	<b>Adult Lap</b> 5:15-7am	<b>Adult Lap</b> 5:15-8am	<b>Adult Lap</b> 7-7:30am	
	<b>Senior</b> 8-9am	<b>Senior</b> 9:30am-11:00am	<b>Senior</b> 10:45am-2pm	<b>Senior</b> 9:15-10:45am	<b>Senior</b> 12:30-1:30pm		
	<b>Family</b> 4-5pm 7:30-8:30pm	<b>Family</b> 7:30-8:30pm	<b>Family</b> 3:45-4:45pm 7:30-8:30pm	<b>Family</b> 6:30-8:30pm	<b>Family</b> 3:45-5pm	<b>Family</b> 10am-3:45pm	<b>Family</b> 10am-3:30pm
<b>Swim Teams</b>		<b>Hornets</b> 6:45-9:30pm			<b>Hornets</b> 5-7:30pm		

- › Schedule is subject to change.
- › A limited number of lanes will be available during programming times.
- › Safety Breaks are 15 minutes in length and require all swimmers to exit the pool.
- › Private swim lessons will receive priority access to the pools during regular operating hours.

For additional information or questions, please contact Ryan Craig, Aquatics Manager at [rcraig@ymcachicago.org](mailto:rcraig@ymcachicago.org) or 630-929-2428.