



# SAGE YMCA AQUATICS SCHEDULE

April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Competition Pool Hours</b>	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	5:15am-7:45pm	6:15am-3:30pm	6:15am-3:30pm
<b>Family Pool Hours</b>	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	5:15am-8:30pm	5:15am-7:45pm	6:15am-3:30pm	6:15am-3:30pm
<b>Water Fitness</b>	<b>Water Aerobics</b> 8-9am Family Pool	<b>Splash FIT</b> 8-9am Family Pool		<b>Aqua Fitness</b> 9:00am-10:00am Family Pool	<b>Aqua Fitness</b> 7:45-8:45am Family Pool	<b>DWCR</b> 10:30-11:15am Competition \$\$	
	<b>H2O Flow</b> 10:20am-11:20pm Family Pool	<b>DWCR</b> 9:45-10:30am *Competition \$\$	<b>Aqua Fitness</b> 11:30-12:30pm Family Pool	<b>H2O Flow</b> 10:20am-11:20pm Family Pool	<b>Splash FIT</b> 9:15-10:15am Family Pool		
	<b>Arthritis Water Fitness</b> 11:30-12:30pm Family Pool	<b>Aqua Zumba</b> 5:30-6:15pm Family Pool		<b>Arthritis Water Fitness</b> 11:30-12:30pm Family Pool			
<b>Group Lessons</b>	<b>4-7:45pm</b> Family Pool	<b>6:30-7:15pm</b> Family Pool	<b>9:15-11:30am</b> Family Pool	<b>4-7:45pm</b> Both Pools		<b>9-12:45pm</b> Both Pools	<b>9-12:45pm</b> Both Pools
			<b>12:30-1pm</b> Family Pool				
			<b>4-7:45pm</b> Both Pools				
<b>Family Swim</b> Family Pool	<b>12:30-4:30pm</b>	<b>9-5:30pm</b>	<b>1:00-4pm</b>	<b>12:30-4pm</b>	<b>10:30am-7:45pm</b>	<b>12:00-3:30pm</b>	<b>12:45-3:30pm</b>
	<b>6:15-8:30pm</b>		<b>7:00-8:30pm</b>	<b>7:00-8:30pm</b>			
<b>Swim Teams</b> Competition Pool	<b>Masters Swim Team</b> 5:15-8:00am	<b>Piranhas Swim Team</b> 5:30-7:00pm	<b>Masters Swim Team</b> 5:15-8:00am	<b>Piranhas Swim Team</b> 5:30-7:00pm	<b>Masters Swim Team</b> 5:15-8:00am		
	<b>Piranhas Swim Team</b> 5:30-7:00pm		<b>Piranhas Swim Team</b> 5:30-7:00pm		<b>Piranhas Swim Team</b> 5:30-7:00pm		

- › Schedule is subject to change.
- › A limited number of lanes will be available during programming times.
- › If needed, 15 min safety breaks will be called at every odd hour. The pool must be cleared during this time.
- › Aqua Fitness class setup begins 5 minutes prior to the start of class.
- › Private swim lessons will receive priority access to the pools during regular operating hours.
- › The Steam Room will be closed every day from 1:00-1:30 PM for cleaning.
- › The Whirlpool will be closed every Tuesday from 12:30-7:00 PM for deep cleaning.
- › Family swim is only available during the listed times.

For additional information, please contact Ben Ossler, Aquatics Manager at [bossler@ymcachicago.org](mailto:bossler@ymcachicago.org) or 815-459-4455.

[sageymca.org](http://sageymca.org)