



SAGE YMCA AQUATICS SCHEDULE

February 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competition Pool Hours	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
Family Pool Hours	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
Water Fitness	Water Aerobics 8-9am Family Pool	Splash FIT 8-9am Family Pool	Aqua Fitness 11:30-12:30pm Family Pool	Aqua Fitness 9:00am-10:00am Family Pool	Aqua Fitness 7:45-8:45am Family Pool	DWCR 10:30-11:15am Competition \$\$	
	H2O Flow 10:20am-11:20pm Family Pool	DWCR 9:45-10:30am *Competition \$\$		H2O Flow 10:20am-11:20pm Family Pool	Splash FIT 9:15-10:15am Family Pool		
	Arthritis Water Fitness 11:30-12:30pm Family Pool	Aqua Zumba 5:30-6:15pm Family Pool		Arthritis Water Fitness 11:30-12:30pm Family Pool			
Group Lessons	4-7:45pm Family Pool	6:30-7:15pm Family Pool	9:15-11:30am Family Pool	4-7:45pm Both Pools		9-12:45pm Both Pools	9-12:45pm Both Pools
			12:30-1pm Family Pool				
			4-7:45pm Both Pools				
Family Swim Family Pool	12:30-4pm	9-5:30pm	1:00-4pm	12:30-4pm	10:30am-7:45pm	12:45-3:30pm	12:45-3:30pm
	7:00-8:30pm	6:15-8:30p	7:00-8:30pm	7:00-8:30pm			
Swim Teams Competition Pool	Masters Swim Team 5:15-6:45am	D155 Boys Swim Team 2:15-4:30pm	Masters Swim Team 5:15-6:45am	D155 Boys Swim Team 2:15-4:30pm	Masters Swim Team 5:15-6:45am	Piranhas Swim Team 8-10am	
	D155 Boys Swim Team 2:15-4:30pm	Piranhas Swim Team 5:30-8:30pm	D155 Boys Swim Team 2:15-4:30pm	Piranhas Swim Team 5:30-8:30pm	D155 Boys Swim Team 2:15-4:30pm		
	Piranhas Swim Team 5:30-8:30pm		Piranhas Swim Team 6:30-8:30pm		Piranhas Swim Team 5:30-7:30pm		

- › 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.
- › There will be no member access to the Competition Pool during D155 Swim Practices
- › The Steam Room will be closed every day from 1:00-1:30 PM for cleaning

For additional information, please contact Leslie Fornek, Aquatics Team Lead at lfornek@ymcachicago.org or 815-459-4455.

sageymca.org