



# LAKE VIEW YMCA AQUATICS SCHEDULE

March 29 – May 31, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool Hours</b>	6 am-8:30 pm	6 am-8:30 pm	6 am-8:30 pm	6 am-8:30 pm	6 am-8:30 pm	7 am-4:30 pm	7 am-4:30 pm
<b>Safety Breaks</b>		8 am 10 am 12 pm 2 pm 4 pm 7:50 pm			8 am 10 am 12 pm 2 pm 4 pm 6 pm 7:50 pm	8:50 am 9:50 am 1:50 pm 3:50 pm	8:50 am 10:50 am 1:50 pm 3:50 pm
<b>Water Fitness</b>		<b>Exercise Class</b> 10:30-11:30 am		<b>Exercise Class</b> 10:30-11:30 am			<b>Exercise Class</b> 9-10 am
<b>Group Lessons</b>	<b>Youth</b> 4:10-6 pm	<b>Youth</b> 4:10-6 pm <b>Adult</b> 7-7:50 pm	<b>Youth</b> 4:30-6 pm	<b>Youth</b> 4:10-7 pm		<b>Youth</b> 9 am-12:10 pm	<b>Adult</b> 9-10 am <b>Youth</b> 10 am-12:10 pm
<b>Swim Team</b>	5-7 pm	5-7 pm	6-7 pm	5-7 pm			

- › Schedule is subject to change.
- › A limited number of lanes will be available during programming times.
- › Safety Breaks are 10 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 773-248-3333.

lakeviewymca.org