



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2017 Summer
July 8 – August 20

POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30a-9:25 a Lap Swim	5:30a-9:25 a Lap Swim	5:30a-8:15 a Lap Swim	5:30a-9:25 a Lap Swim	5:30a-9:25 a Lap Swim	
7-9:00 a Lap Swim			8:15a – 9:15a Swim Team***			7a-7:55 a Lap Swim
9:10-10:10 a Water Fitness Gwyn	9:30-10:30 a Adult Open Swim**	9:30-10:30 a Water Aerobics Inno	9:30a-10:30 a Water Aerobics Glenda	9:30a-10:30 a Water Aerobics Inno	9:30a-10:30 a Water Aerobics Glenda	8a-9 a Swim Starters
10:15-1:30p Group Swim Lessons	10:30a-11:15 a Deep Wtr Running Family Swim**	10:30a-11 a Swim Starters <small>Deep</small> <small>End Open</small>	10:30a – 11:15a Deep Wtr Running Family Swim**	10:30a - 11:55a Open/Family Swim*	10:30 a- 11:15a Deep Wtr Running Family Swim**	9 a-2:05 p Group Swim Lessons/ Swim Team
	11:20 – 11:55 Open/Family Swim*	11a- 11:55a Open/Family Swim*	11:15a – 11:55a Open/Family Swim*		11:15a – 11:55a Open/Family Swim*	
						2:10 – 4:30 Open/Family Swim*
	12p-1:30p Lap Swim	12p -1:30p Lap Swim	12p -1:30p Lap Swim	12p -1:30p Lap Swim	12p -1:30p Lap Swim	
1:20-4:30 p Open/Family Swim*	1:30p – 3:30p Pool Closed	1:30p – 3:30p Pool Closed	1:30p – 2:30p Pool Closed	1:30p – 3:30p Pool Closed	1:30p – 3:30p Pool Closed	
4:35-6:00 p Lap Swim	Pool Closed Camp Swim					4:35p-6:00 p Lap Swim
	3:30p- 5:40p Group Swim Lessons	3:30p – 5:40p Group Swim Lessons	3:30p – 6:30p Group Swim Lessons	3:30p -5:40p Group Swim Lessons	3:30 – 5:30p Open/Family Swim*	
		4:50p – 7:10p Swim Team		4:50p – 8:10p Swim Team	5:30p – 6:30p Lap Swim	
	5:45p-7 p Lap Swim		6:30-7 p P/C Lessons <small>2 lanes available</small>	7:15p – 8:10p 2 Lap Lanes Available	6:30-8 p Open/Family Swim*	
	7:05-8:00 p Water Conditioning Gwyn	7:10p – 8:00p Lap Swim	7:00-9:15p Lap Swim	8:10p-9:15p Lap Swim	8p – 9:15p Lap Swim	
	8 - 9 p Adult Swim Lessons	8 - 9 p Adult Stroke Development				
*One lap lane will remain open during these times of	Open/Family Swim	**No lap lanes open	***Two lap lanes open			



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Pool Rules

1. The lifeguard on duty is the authority in the pool.
2. Children under 12 must be accompanied by an adult at all times.
3. Running, boisterous behavior, rough play, and inappropriate language will not be tolerated.
4. Only Lake View YMCA floatation devices are allowed.
5. Individuals with ear length hair or longer must wear a swim cap.
6. Proper swim attire must be worn in the pool -- no cut-offs or cotton shorts/shirts.
7. Street shoes are not allowed on deck. Protective booties are available in the locker rooms.
8. Anyone with bandages, open blisters, cuts or lesions may not enter the water.
9. Diving, flips, twists and backward jumps are not allowed.
10. For the safety of all swimmers, individuals under the age of 14 must pass a deep-water test (one lap or 40 yard swim and treading water for 30 seconds) before swimming in the deep end.

Swim tests available during Open/Family Swim Times.

Exceptions: those enrolled in Lake View YMCA swim class accompanied by an instructor at the discretion of the lifeguard

Private Lessons may share pool space during Open/Family Swim or Lap Swim.
Lanes are still available for members at these times.

Sayre Froelich
Aquatic Director
773.326.3006
sfroelich@ymcachicago.org

Adrienne Schroeder
Aquatic Coordinator
773.326.3003
aschroeder@ymcachicago.org