



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEANING TOWER YMCA WEST POOL

## Spring 2 Pool Schedule- April 10-June 4, 2017 Revised 5.3.17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Adult Open		Adult Open		Adult Open		
5:45							
6:00	Adult Open		Adult Open		Adult Open		
6:15							
6:30	Water Fitness 6:30-7:30a		Water Fitness 6:30-7:30a	Adult Open	Water Fitness 6:30-7:30a	Adult Open	
6:45	Adult Open		Adult Open		Adult Open		
7:00							
7:15							
7:30		Adult Open	Adult Open	Water Fitness 7:30-8:30a	Adult Open		Adult Open (2 Lanes reserved for Private Lessons)
7:45							
8:00	Adult Open		Lesson	Adult Open	Adult Open	Water Fitness 8-9	
8:15						Swim Lessons	
8:30		Lesson	Adult Open	Adult Open			
8:45							
9:00		Water Fitness 10:30-11:30a	Water Fitness 9:30-10:30a	Deep Water Aerobics 9:30-10:30a	Water Fitness 9:30-10:30a	Swim Lessons 9am-1pm (NO FREE SWIM)	
9:15		Adult Open	Adult Open		Adult Open		
9:30	Lesson			Water Fitness 10:30-11:30a			
9:45							
10:00							
10:15							
10:30	Water Fitness 10:30-11:15a						
10:45	Adult Open						Swim Lessons 10am - 1pm (NO FREE SWIM)
11:00							
11:15	Water Fitness 11:15-12:15p						
11:30							
11:45							
12:00							
12:15			Water Fitness 12:15-1:15p		Water Fitness 12:15-1:15p		
12:30	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open		
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim (2 Lanes reserved for Private Lessons)	Free Swim (2 Lanes reserved for Private Lessons)
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15	Swim Lessons (NO FREE SWIM)	Swim Lessons (NO FREE SWIM)	Swim Lessons (NO FREE SWIM)	Swim Lessons (NO FREE SWIM)	Swim Lessons (NO FREE SWIM)		
4:30							
4:45							
5:00			Swim Lessons (NO FREE SWIM)	Swim Lessons (NO FREE SWIM)	Swim Lessons (NO FREE SWIM)		
5:15	Swim Lessons (NO FREE SWIM)	Swim Lessons (NO FREE SWIM)	Swim Team (5-7:30 PM)	Swim Team (5-6:15 PM)	Swim Lessons (NO FREE SWIM)	Swim Team (5-7:30 PM)	
5:30							
5:45							
6:00							
6:15							
6:30			Swim Team (5-8:45 PM)		Swim Team (5 lanes Till 7:30 PM)		
6:45							
7:00	Free Swim		Swim Team				
7:15				Conquerors 8			
7:30			Free Swim				
7:45	Water Fitness 7:30-8:30p	Free Swim 1 lap lane					
8:00							
8:15			Water Fitness 8-9p				
8:30							
8:45	Free Swim			Free Swim	Free Swim		
9:00							

**SWIM LESSONS & SWIM TEAM:** During this time, the I-Wing and Lap Lanes are to be used for YMCA programs. No lanes are available. **FREE SWIM:** designated swim time for families and recreational swimming. During Family Swim every child under 11 must be accompanied in the water at all times by a person 16 years of older unless they pass the deep water swim test. If they pass the deep water swim test, the child can then go into the water on their own as long as a parent is in an area that is visible to the pool. i.e. the pool observation area.

Unless otherwise noted, there are NO lanes specifically reserved for lap swimmers. **ADULT OPEN SWIM:** swim time for members 18 and older. This time can be used for laps or recreational swimming. Flotation Devices: For the safety of the participants we only allow Coast Guard approved lifejackets. Devices with foam inserts or inflatables are NOT permitted.

**WATER FITNESS:** Please refer to the water fitness schedule for classes and times. **Temperature is maintained at 86-88°F.**



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# LEANING TOWER YMCA EAST POOL

## Spring 2 Pool Schedule April 10-June 4, 2017 Revised 5.3.17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Masters Swim Team 1 lap lane open	Swim Team 1 lap lane open	Masters Swim Team 1 lap lane open	Swim Team 1 lap lane open	Masters Swim Team 1 lap lane open	Lap Swim Only	
5:45							
6:00							
6:15							
6:30	Lap Swim Only	Deep Water	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45	Deep Water		Deep Water		Deep Water		
11:00		Lap Swim Only		Lap Swim Only		Lap Swim Only	Lap Swim Only
11:15							
11:30							
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45							
5:00	Swim Team (4:45-6:30) 3 lanes + 1 lane for Members only	Swim Team (4:45-8:30 PM) 3 lanes + 1 lane for Members only	Swim Team (4:45-6:30) 3 lanes + 1 lane for Members only	Swim Team (4:45-8:30 PM) 3 lanes + 1 lane for Members only	Swim Team (4:45-6:30 PM) 3 lanes + 1 lane for Members only		
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00	Swim Team (6:30-7:30)		Swim Team (6:30-7:30)				
7:15	No Lap Swim		No Lap Swim				
7:30							
7:45	Swim Team (7:30-8:30)		Swim Team (7:30-8:30)				
8:00	3 lanes + 1 lane for Members only		3 lanes + 1 lane for Members only				
8:15							
8:30							
8:45	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only		
9:00							

East Pool: 25 Meters

32 Laps = 1 Mile Pool

Temperature is maintained at 77-79°F

**\*\*Tri-Training January 21 - May 13**

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