



# INDIAN BOUNDARY YMCA AQUATICS SCHEDULE

## January 2024 – April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool Hours</b>	5:15am-9pm	7:00am-9pm	5:15am-9pm	7:00am-9pm	5:15am-9pm	7:00am-5pm	9am-4pm
<b>Safety Breaks</b>	6:45AM – 7:00AM 9:15AM – 9:30AM 12:15PM – 12:30PM 3:30PM – 3:45PM 8:45PM – Close (9:00PM)					12:15PM-12:30pm	
<b>Water Fitness</b>	<b>TRY ABILITY REHAB</b> 10:00AM – 3:00PM	<b>Aqua Ex</b> 8:15AM-9:15AM	<b>Water Fit</b> 8:15AM – 9:15AM <b>TRY ABILITY REHAB</b> 10:00AM – 3:00PM	<b>Aqua Ex</b> 8:15AM-9:15AM	<b>Aqua Ex</b> 5:15PM – 6:15PM	-	-
<b>Group Lessons</b>	5:00PM-6:45PM	5:00PM-6:45PM	5:00PM-6:45PM	-	-	9-11:00am <b>Private Lessons</b> 9:30AM-2:00PM	<b>Private Lessons</b> 9:30AM – 2:30PM
<b>Group Swims</b>	<b>Adult Lap</b> 5:15AM-6:45AM	<b>Adult Lap</b> 7:00AM – 8:00AM	<b>Adult Lap</b> 5:15-7am	<b>Adult Lap</b> 5:15-7am	<b>Adult Lap</b> 5:15AM-6:45AM	<b>Adult Lap</b> 7-8:30am	-
	<b>Senior</b> 9:30AM-10:00AM 12:30PM-1:30PM	<b>Senior</b> 9:30AM – 11:15AM	<b>Senior</b> 12:30PM-1:30PM	<b>Senior</b> 9:30AM – 11:15AM	<b>Senior</b> 8:00AM – 9:15AM 10:00AM – 12:15PM	-	-
	<b>Family</b> 3:45PM – 5:00PM 7:30PM-8:45PM	<b>Family</b> 7:30PM-8:45PM	<b>Family</b> 3:45PM – 5:00PM 7:30PM-8:45PM	<b>Family</b> 3:45PM – 5:00PM 7:30PM-8:45PM	<b>Family</b> 3:45PM – 5:00PM 7:30PM-8:45PM	<b>Family</b> 11:00AM – 4:45PM	<b>Family</b> 11:00AM – 3:45PM
<b>Rentals</b>	<b>Hornets Swim Team Mon – Thurs</b> 7:00PM – 9:00PM <b>Benet Academy</b> – Mon, Wed, Fri, Sat – 3:45PM – 5:00PM <b>SeaSpar Swim Lessons</b> – Tues, Thurs 4:00PM – 6:45PM				<b>Hornets Swim Team Friday</b> – 6:30PM – 8:30PM	<b>Benet Academy 7:00AM – 9:00AM</b>	-

- Schedule is subject to change.
- A limited number of lanes will be available during programming times.
- Safety Breaks are 15 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 Karolis, Aquatics Manager at [Karnatkevicius@ymcachicago.org](mailto:Karnatkevicius@ymcachicago.org) or 630-929-2428.