



LAKE VIEW YMCA AQUATICS SCHEDULE

January 1 – March 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Hours	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-7:30pm	7am-4:30pm	7am-4:30pm
Safety Breaks		8am 10am 12pm 2pm 4pm 7:50pm			8am 10:30am 12pm 2pm 4pm 6pm	8:50am 1:50pm 3:50pm	8:50am 1:50pm 3:50pm
Water Fitness		Exercise Class 10:30-11:30am		Exercise Class 10:30-11:30am	Exercise Class 9:15-10:15am		Exercise Class 9am-10am
Group Lessons	Youth 4:30-6:40pm	Youth 4:30-6:40pm Adult 7-7:50pm		Youth 4:30-6:40pm		Youth 9:00-12:15pm	Youth 9:00-12:15pm
Swim Club	5pm-6pm	6pm-7pm	5pm-6pm	6pm-7pm			
Lap Swim	6am-4:30pm 7pm-9:30pm	6am-4:30pm 8pm-9:30pm	6am-5pm 6pm-9:30pm	6am-4:30pm 8pm-9:30pm	6am-7:30pm	7am-8:50am 12:10pm-4:30pm	7am-8:50am 12:10pm-4:30pm
Open Swim	10:10am-4:30pm	11:30am-4:30pm	10:10am-6pm	11:30am-4:30pm	10:40am-7:30pm	12:10pm-4:30pm	12:10pm-4:30pm
Swim Lesson Assessments		4:30pm-5:30pm					10:00am-11:00am

- › Please note: There is no Lap Swim during Water Fitness
- › Schedule is subject to change.
- › A limited number of lanes will be available during programming and open swim times.
- › Safety Breaks are 10 minutes in length and require all swimmers to exit the pool deck.
- › Private Swim lessons will receive priority access to the pools during regular operating hours.

For additional information or questions, please contact 773-248-3333.