



Kankakee Area YMCA

Large Pool Schedule

June 3rd – August 11th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open & Lap Swim 5:00-8:15am	Adult Open & Lap Swim 5:00-9:00am	Adult Open & Lap Swim 5:00-8:15am	Adult Open & Lap Swim 5:00-9:00am	Adult Open & Lap Swim 5:00-8:15am	Adult Open & Lap Swim 7:00-8:00am	
Deep Water & Lap Swim 8:15-9:00am		Deep Water & Lap Swim 8:15-9:00am		Deep Water & Lap Swim 8:15-9:00am		
Swim Lessons & Lap Swim 9:00-11:30am	Aqua Aerobics & Lap Swim 9:00-10:00am	Swim Lessons & Lap Swim 9:00-11:30am	Aqua Aerobics & Lap Swim 9:00-10:00am	Open Swim & Lap Swim 9:00-12:30pm	Swim Lessons & Lap Swim 9:00-11:30am	Adult Open & Lap Swim 8:00-12:00am
	Swim Lessons & Lap Swim 10:00-12:15pm		Swim Lessons & Lap Swim 10:00-12:15pm			
Open Swim & Lap Swim 11:30-12:30pm		Open Swim & Lap Swim 11:30-12:30pm				
Aqua Mix & Lap Swim 12:30-1:15pm	Open Swim & Lap Swim 12:15-1:00pm	Aqua Mix & Lap Swim 12:30-1:15pm	Open Swim & Lap Swim 12:15-1:00pm	Aqua Mix & Lap Swim 12:30-1:15pm	Open Swim & Lap Swim 11:30-4:30pm	Open Swim & Lap Swim 12:00-4:30pm
	Twinges & Lap Swim 1:00-2:00pm		Twinges & Lap Swim 1:00-2:00pm			
Open Swim, Camp Swim & Lap Swim 1:15-4:00pm	Open Swim, Camp Swim & Lap Swim 2:00-4:00pm	Open Swim, Camp Swim & Lap Swim 1:15-4:00pm	Open Swim, Camp Swim & Lap Swim 2:00-4:00pm	Open Swim, Camp Swim & Lap Swim 1:15-4:00pm	RVSR	
Open Swim & Lap Swim 4:00-5:00pm	Open Swim & Lap Swim 4:00-5:00pm	Open Swim & Lap Swim 4:00-5:00pm	Open Swim & Lap Swim 4:00-5:00pm	Open Swim & Lap Swim 4:00-5:45pm		
Swim Lessons & Lap Swim 5:00-7:00pm	Swim Lessons & Lap Swim 5:00-5:45pm	Swim Lessons & Lap Swim 5:00-7:00pm	Swim Lessons & Lap Swim 5:00-5:45pm	Aqua Zumba & Lap Swim 5:45-6:30pm		
	Swim Lessons, Water Exercise & Lap Swim 5:45-6:30pm		Swim Lessons, Water Exercise & Lap Swim 5:45-6:30pm			
Swim Team, Open Swim & Lap Swim 7:00-7:30pm	Swim Lessons, Swim Team & Lap Swim 6:30-7:30pm	Swim Team, Swim Lessons & Lap Swim 7:00-7:30pm	Swim Lessons, Swim Team & Lap Swim 6:30-7:30pm	During all pool hours, there will be at least one lane available for Lap Swim. During open swim, children age six and under must have an adult in the water with them, all others comfortable in the water may swim.		
Open Swim & Lap Swim 7:30-8:30pm	Open Swim & Lap Swim 7:30-8:30pm	Open Swim & Lap Swim 7:30-8:30pm	Open Swim & Lap Swim 7:30-8:30pm	This schedule was last updated on 6/4/13. Pool schedule may change for programming needs.		

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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