

INDIAN BOUNDARY YMCA POOL SCHEDULE

January 3- June 12, 2010

PLEASE SEE REVERSE SIDE FOR POOL RULES

Schedule subject to change



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM			Masters Swim 5:15-6:30(2)		Masters Swim 5:15-6:30(2)		Adult Lap 5:00-7:00am	
6:00 AM		Adult Lap 5:00-8:30am	Adult Lap 6:30-8:30am	Adult Lap 5:00-8:30am	Adult Lap 6:30-8:30am	Adult Lap 5:00-8:30am	Lap Swim 7:00-8:00am	
7:00 AM	Adult Lap 7:00-9:00am						Masters/Aquacise 8:00-9:00 (0)	
8:00 AM		Aquacise (0) 8:30-9:30am	Open Lap/Water Fit. 8:30-9:30am	Aquacise (0) 8:30-9:30am	Open Lap/Water Fit. 8:30-9:30am	Aquacise (0) 8:30-9:30am	Lessons (0)	
9:00 AM	Lap Swim 9:00-10:30am	Preschool Lessons 9:30-11:00am (1)	Preschool Lessons 9:30-11:00am (1)	Preschool Lessons 9:30-11:00am (1)	Preschool Lessons 9:30-11:00am (1)	Preschool Lessons 9:30-11:00am (1)	9:00-12:00pm	
10:00 AM								
11:00 AM	Open Swim(2) 11:00-12:00pm	Super Seniors(2) 11:00-12:00pm	Arthritis (0) 11:00-12:00pm	Seniors & Friends 11:00-12:00 (2)	Arthritis (0) 11:00-12:00pm	Seniors & Friends 11:00-12:00 (2)	Silver Sharks(0) 11:15-12:00pm	
12:00 PM	Open Lap/Water Fitness 12-1pm	Open Lap/ Water Fitness (2)	Open Lap/ Water Fitness (2)	Open Lap/ Water Fitness (2)	Open Lap/ Water Fitness (2)	Open Lap/ Water Fitness (2)	Open Lap/Water Fitness 12-1pm	
1:00 PM	Swim Lessons(0) 1-2:30pm	12:00-2:00 pm	12:00-2:00 pm	12:00-2:00 pm	12:00-2:00 pm	12:00-2:00 pm Kindergarten 1-2	SEASPAR Team (0) 1:00-2:00 pm	
2:00 PM	Open Swim(2)	Lessons/Kinder 2:00-3:00pm (0)	Aquacise (3) 2:00-3:00pm	ELC(1) 2:00-3:00pm	Aquacise (3) 2:00-3:00pm	Home School (2) 2:00-3:00pm	Open Swim (2)	
3:00 PM	2:30-5pm	Open Swim (2) 3:00-4:30pm	Open Swim (2) 3:00-5:15pm After School(2) 3:15-4:15pm	Open Swim (2) 3:00-4:30pm After School(2) 3:15-4:15pm	Open Swim (2) 3:00-5:15pm After School(2) 3:15-4:15pm	After School(2) 3:30-4:30pm Open Swim (2) 3:00-4:30pm	2:00pm-6:00pm	
4:00 PM			Silver Sharks(1)		Silver Sharks(1)			
5:00 PM	Pool Closes	Lessons (0)	4:15-5:15pm	Lessons (0)	4:15-5:15pm	Lessons (0)		
6:00 PM	Scuba (0) 5:00-7:00pm	4:30-6:30pm	Lessons (0) 5:15-7:15pm	4:30-6:30pm	Lessons (0) 5:15-7:15pm	4:30-6:30pm		
7:00 PM	C l o s e d	Adult Lessons & Deep Water(0) 6:30-7:30pm	Open Swim (2) 7:15-8:00pm	Adult Lessons & Deep Water(0) 6:30-7:30pm	Open Swim(2) 7:15-8:00pm	Friday Family Swim(2) 6:30-9:00pm	C l o s e d	
8:00 PM		Open Swim(2) 7:30-9:00pm	AquaBlast 8:00-9:00pm (2)	Open Swim(2) 7:30-9:00pm	AquaBlast 8:00-9:00pm (2)			
9:00 PM		Open Lap & Water Fitness Monday-Friday 9:00-10:00pm						
10:00 PM		C l o s e d						

The number in parentheses indicates how many lanes will be available for lap swimming.

Example: (2) indicates that there will be at least 2 lap lanes available during this time.

THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE

Indian Boundary YMCA
711 59th Street
Downers Grove, IL 60516
630-968-8400

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