



High Ridge YMCA

Summer 2010

(June 28, 2010 - September 5, 2010)



Please be sure to check the bottom of the schedule for additional information and descriptions.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am-6:00am	Closed	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed
6:00am-7:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7:00am-8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00am-9:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00am-10:00am	Lap Swim	Arthritis*	Swimnastics*	Arthritis*	Swimnastics*	Joint Efforts*	Swimnastics/Synchro
10:00am-11:00am	Swim Lessons	Silver Splash*	Head Start & Kiddie Kamp **	Silver Splash*	Head Start & Kiddie Kamp **	Silver Splash*	Swim Lessons
11:00am-12:00pm	Swim Lessons	Open Swim **	Open Swim & Bethesda**	Open Swim **	Open Swim **	Open Swim **	Swim Lessons
12:00pm-1:00pm	Swim Lessons	Open Swim **	Open Swim **	Open Swim **	Open Swim **	Open Swim **	Swim Lessons
1:00pm-2:00pm	Family Swim & Adult Lessons	Pool Rental	Lap Swim/ Pool Rentals	Pool Rental	Lap Swim/ Pool Rentals	Pool Rental	Swim Lessons
2:00pm-3:00pm	Family Swim**	HRY Day Camp	Pool Rental	HRY Day Camp	Pool Rental	HRY Day Camp	Family Swim**
3:00pm-4:00pm	Family Swim**	No Lap Swim Available	CYP Cabrini **	No Lap Swim Available	CYP Uptown **	No Lap Swim Available	Family Swim**
4:00pm-5:00pm	Family Swim** Pool closes at 4:45pm on Sat & Sun Important Note: Keen Chicago uses the pool from 4-5pm every 2nd & 4th Sun of the month.	YMCA Swim Lessons Pool Closed					Family Swim** Pool closes at 4:45pm on Sat & Sun
5:00pm-6:00pm	Closed						Closed
6:00pm-7:00pm	Closed						Closed
7:00pm-8:00pm	Closed	Family Water Fitness**	Fit n Flex	Tidal Wave	Power Splash	Family Swim**	Closed
8:00pm-9:00pm	Closed	Family Swim**	Family Swim	Family Swim	Family Swim	Family Swim**	Closed
9:00pm-9:45pm	Closed	Lap Swim	Lap Swim @ 8:30pm (one lane til 9pm, whole pool til 9:45pm)			Lap Swim	Closed

*** = 3 Lap Lanes Available

** = 2 Lap Lanes Available

* = 1 Lap Lane Available

35 Laps = 1 mile

72 Lengths = 1 mile

shaded area = possible rental
please check back specific for dates

The pool schedule may change at any time due to special events.

Please be sure to check for pool special event notices. Private

swim lessons have priority in the lap lanes during lap swim times.

