

# High Ridge YMCA Pool Schedule



**Spring 2010** (February 22, 2010 – June 12, 2010)

Please be sure to see the back of the schedule for additional information and descriptions.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:30-06:00AM	Closed	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed
06:00-07:00AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
07:00-08:00AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
08:00-09:00AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
09:00-10:00AM	Lap Swim	Arthritis**	Swimnastics**	Arthritis**	Swimnastics**	Joint Efforts**	Aqua Aerobics Dolphin Synchro
10:00-11:00AM	Parent-Tot Playtime***	Silver Splash**	Infant and Preschool Swim Classes Parent-Tot Playtime**	Swimnastics**	Infant and Preschool Swim Classes Parent-Tot Playtime**	Silver Splash**	YMCA Swim Lessons/ Dolphin Swim Team
11:00-12:00PM	Swim Lessons*	Lap Swim	Adult Stroke Improvement Class/ Parent-Tot Playtime *	Lap Swim	Adult Swim Lessons/ Parent-Tot Playtime *	Home School Swim*	YMCA Swim Lessons
12:00-01:00PM	Swim Lessons*	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Home School Swim*	YMCA Swim Lessons
01:00-02:00PM	Family Swim/ Adult Swim Lessons*	<b>Pool Rental (Pool Closed to Members)</b>	Lap Swim	<b>Pool Rental (Pool Closed to Members)</b>	Lap Swim	<b>Pool Rental (Pool Closed to Members)</b>	YMCA Swim Lessons
02:00-03:00PM	Family Swim**	Lap Swim	Open Swim**	Lap Swim	Open Swim**	Lap Swim	Family Swim**
03:00-04:00PM	Family Swim**	Swim Lessons/ Lap Swim	Open Swim**	Swim Lessons/ Lap Swim	Open Swim**	YMCA Swim Lessons	Family Swim**
04:00-05:00PM Pool Closes at 4:45pm on Sat & Sun	Family Swim** <b>IMPORTANT NOTE: Every 2<sup>nd</sup> and 4<sup>th</sup> Sunday of every month, Keen Chicago uses the pool from 4-5pm.</b>	YMCA Swim Lessons/ After School/ Aquatic Games	YMCA Swim Lessons*	YMCA Swim Lessons/ After School	YMCA Swim Lessons*	YMCA Swim Lessons	Family Swim** Pool Closes at 4:45pm
05:00-06:00PM	Closed	YMCA Swim Lessons	YMCA Swim Lessons*	YMCA Swim Lessons*	YMCA Swim Lessons*	YMCA Swim Lessons	Closed
06:00-07:00PM	Closed	YMCA Swim Lessons/Family Swim*	Dolphins Swim Team/ YMCA Swim Lessons	Dolphins Swim Team/ YMCA Swim Lessons	Water Polo/YMCA Swim Lessons/Adult Stroke Improvement	Family Swim*	Closed
07:00-08:00PM	Closed	Swimnastics/Family Aqua Fitness*	Fit and Flex**	Tidal Wave**	Power Splash**	Family Swim*	Closed
08:00-09:00PM	Closed	Child Lap Swim	Child Lap Swim	Child Lap Swim	Child Lap Swim	Family Swim*	Closed
09:00-9:45PM	Closed	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed

\*\*\* = 3 Lap Lanes Available  
35 Laps = 1 Mile

\*\* = 2 Lap Lanes Available  
72 Lengths = 1 Mile

\* = 1 Lap Lane Available

The pool schedule may change at any time due to special events. Please be sure to check for pool special event postings. Private swim lessons have priority in the lap lanes, during lap swim times.