

# SWIMMING FURTHER FASTER

## C.W. AVERY FAMILY YMCA POOL SCHEDULE



Fall 2 2024: Monday, September 30th- Sunday, November 3rd

	FAMILY POOL SCHEDULE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM (LARGE SLIDES AND SPLASH PLAYGROUND)	6:20P-8:00P	6:20P-8:00P	6:20P-8:00P	6:20P-8:00P	5:00P-8:00P	12:00P-5:00P	12:00P-3:30P
SPLASH PLAYGROUND ONLY	9:30A-12:00P 5:00P-6:20P	9:30A-12:00P 5:00P-6:20P	9:30A-12:00P 5:00P-6:20P	9:30A-12:00P 5:00P-6:20P	10:00A-12P		
WATER VORTEX (OPEN TO ALL AGES)	6P-8:00P	6P-7:15P	6P-8:00P	6P-7:15P	5:00P-8:00P	12:00P-5:00P	12:00P-3:30P
WATER WALKING (ADULTS ONLY)	9:30A-12:00P 4:30P-6P	9:30A-12:00P 4:30P-6P 7:15P-8:00P	10:15A-12:00P 4:30P-6P	9:30-12P 4:30P-6P 7:15P-8:00P	10:00A-12P	8:40A-12:00P	
GROUP SWIM LESSONS	9:30A-12:00P 4:30P-8:00P	9:30A-12:00P 4:30P-7:00P	4:30P-8:00P	9:30A-12:00P 4:30P-7:00P	-----	8:40A-12:00P	
WATER FITNESS			9:30A-10:15A Water Fitness by Rhonda				

	LAP POOL SCHEDULE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:00A-5:00P 8:00P-9:00P	5:00A-5:00P 8:00P-9:00P	5:00A-5:00P 8:00P-9:00P	5:00A-5:00P 7:00P-9:00P	5:00A-5:00P 8:30P-9:00P	6:00A-8:30A 12:00P-5:30P	7:00A-3:30P
LAP SWIM 15+	5:00P-8:00P	5:00P-8:00P	5:00P-8:00P	5:00P-7:00P	5:00P-8:30P	8:30A-12:00P	
OPEN SWIM	10:30A-3:00P 7:00P-9:00P	10:30A-3:00P 7:00P-9:00P	9:00A-3:00P 7:00P-9:00P	9:00A-3:00P 7:00P-9:00P	9:30A-9:00P	12:00P-5:30P	9:00A-3:30P
GROUP SWIM LESSONS	9:30A-12:00P 4:30P-8:00P	9:30A-12:00P 4:30P-7:00P	9:30A-12:00P 4:30-8:00P	9:30A-12:00P 4:30P-7:00P		8:40A-12:00P	
WATER FITNESS	5:45A-6:30A Triathlon 101 by Mary ----- 9:00A-9:45A Instructor: Minerva	5-6A & 6-7A Master's ----- **9:00-9:45A Water Fitness by Melissa	5:45A-6:30A Triathlon 101 by Mary	5A-6A & 6A-7A Master's ----- 8:00A-8:45A Deep Water Fitness by Minerva	8:30A-9:15A Water Fitness by Rhonda		7:00A-8:00A Master's Swim Club
JETS SWIM TEAM	5P-9P	5P-9P	5P-9P	5P-9P	5P-8:30P	8A-12P	
High School Swim Team	5:30A-6:30A 2:45p-5p	2:45p-5p	5:30A-6:30A 2:45p-5p	2:45p-5p	2:45p-5p	6A-8A	

H.S. Girls Swim Team practices 5:30A-6:30A on Monday & Wednesday and 2:45P-5P, Monday-Friday. Expect FEWER lap lanes.

JETS practice Monday- Thursday 5P-9P, Friday 5P-8:30P, and Saturday's 8A-12p. Expect FEWER Lanes.

High School Swim Meet on Friday, October 4th. The lap pool will be closed from 3:45P-7:45P.

\*\*Water Fitness will be held on SELECT Tuesdays with Melissa. The class will run on 10/8, 10/15 & 10/29 from 9A-9:45A. Bolingbrook Fire Dept. training on Wednesday, October 2nd from 8:30A-12P in lanes 6-8.

Please look at the lap lane pool usage schedule to determine lane availability during high volume times.

