



# INDIAN BOUNDARY YMCA AQUATICS SCHEDULE

March 2024 – May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool Hours</b>	5:15am-9pm	5:15am-9pm	5:15am-9pm	5:15am-9pm	5:15am-9pm	7:00am-5pm	9am-4pm
<b>Safety Breaks</b>			6:45am 9am 12:30pm 3:30pm 6:45pm			9am 12:30pm	
<b>Water Fitness</b>	<b>Try Ability Rehab</b> 10am-4pm	<b>Aqua Ex</b> 8:15-9:15am		<b>Aqua Ex</b> 8:15-9:15am  <b>Try Ability Rehab</b> 10am-4pm			
<b>Group Lessons</b>	5-6:45pm	5-7pm	5-6:45pm			9-11:00am	
<b>Group Swims</b>	<b>Adult Lap</b> 5:15-7am		<b>Adult Lap</b> 5:15-7am	<b>Adult Lap</b> 5:15-7am	<b>Adult Lap</b> 5:15-8am	<b>Adult Lap</b> 7-8:30am	
	<b>Senior</b> 8-9am		<b>Senior</b> 10:45am-2pm	<b>Senior</b> 9:15-10:45am			
	<b>Family</b> 4-5pm & 7-8:45pm	<b>Family</b> 4-5pm & 7-8:45pm	<b>Family</b> 3:45-4:45pm	<b>Family</b> 4:45-6:45pm	<b>Family</b> 3:45-5pm	<b>Family</b> 11am-1:45pm	<b>Family</b> 10am-1:45pm

- › Schedule is subject to change.
- › A limited number of lanes will be available during programming times.
- › Safety Breaks are 15 minutes in length and require all swimmers to exit the pool.
- › Private swim lessons will receive priority access to the pools during regular operating hours.

For additional information or questions, please contact Ryan Craig, Aquatics Manager at [rcraig@ymcachicago.org](mailto:rcraig@ymcachicago.org) or 630-929-2428.