



YMCA OF
McHENRY COUNTY

POOL SCHEDULE
Revised January 11, 2009

LAP SWIM

<u>Morning</u>	A	Mon - Fri	5:30 - 9:00 am	4 lanes
	A	Mon - Fri	9:00 - 12:00 pm	2 lanes
	A	Sat	6:00 - 8:30 am	2 lanes
<u>Afternoon</u>	A	Mon - Fri	12:00 - 1:00 pm	3 lanes
	A	Mon - Thur	1:00 - 4:00 pm	2 lanes
	A	Fri	1:00 - 3:15 pm	2 lanes
	A	Mon - Thur	4:00 - 7:00pm	1 lane
	A	Fri	5:15- 8:15 pm	1 lane
	A	Sat	12:00- 4:45 pm	2 lanes
	A/T	Sun	1:00 - 4:45 pm	2 lanes
<u>Evenings</u>	A	Mon	7:00 - 8:00 pm	1 lanes
	A	Tue	7:00 - 8:00 pm	1 lanes
	A	Wed	7:00 - 8:00 pm	1 lanes
	A	Thur	7:00 - 8:00 pm	1 lanes
	A/T	Fri	8:15 - 9:45 pm	2 lanes

RECREATION SWIM

<u>Morning</u>	Mon - Fri	11:00 - 12:00 pm
<u>Afternoon</u>	Mon	2:00 - 4:00 pm
	Tues - Thur	1:00 - 4:00 pm
	Fri	2:00 - 3:15pm
	Sat	12:00 - 4:45pm
	Sun	1:00 - 4:45 pm
<u>Evening</u>	Fri	8:15 - 9:45 pm

Adult Lap Swim (A): For adults 18 and over only. This time is designated for lap swim only. May use pull buoys, and kickboards. Please note that other programs and open swim may be occurring in the pool at the same time. Circle swim is encouraged.

Teen Lap Swim (T): For those 14-17 who can swim 10 consecutive lengths of the pool.

Pool schedule subject to change without notice.