



YMCA OF  
McHENRY COUNTY

**POOL SCHEDULE**  
*Revised March 2, 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 - 4:00 pm	2 lanes
	A	Mon - Thur	4:00 - 7:00pm	1 lane
	A	Fri	4:00 - 9:45 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 - Fri	7:00 - 9:45 pm	1 lane
	A/T	Fri	7:00 - 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 - 4:00pm
		Sat	12:00 - 4:45pm
		Sun	1:00 - 4:45 pm
<u>Evening</u>		Mon - Thur	8:15 - 9:45pm
		Fri	7:00 - 9:45pm

**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.**