



## West Cook YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Large Gym	6:00AM-6:45AM (Basketball And Open Gyms)  10:45AM-7:45PM (Basketball And Open Gyms)	6:45AM-6:45PM (Basketball And Open Gyms)	6:00AM-6:45AM (Basketball And Open Gyms)  8:00AM-7:45PM (Basketball And Open Gyms)	6:00AM-6:45AM (Basketball And Open Gyms)  8:00AM-7:45PM (Basketball And Open Gyms)		10:15AM-11:45AM (Basketball And Open Gyms)  2:15PM-5:45PM (Basketball And Open Gyms)	10:00AM-11:45AM (Basketball And Open Gyms)  3:45PM-5:45PM (Basketball And Open Gyms)
<b>Lap Swim</b> Pool	6:05AM-9:50AM (Lap, Open, & Family Swim)  10:20AM-10:50AM (Lap, Open, & Family Swim)  3:00PM-3:45PM (Lap, Open, & Family Swim)  6:00PM-6:50PM (Lap, Open, & Family Swim)	6:05AM-9:50AM (Lap, Open, & Family Swim)  10:20AM-10:50AM (Lap, Open, & Family Swim)  3:00PM-3:45PM (Lap, Open, & Family Swim)  6:00PM-6:45PM (Lap, Open, & Family Swim)	6:05AM-9:50AM (Lap, Open, & Family Swim)  10:20AM-10:50AM (Lap, Open, & Family Swim)  3:00PM-3:45PM (Lap, Open, & Family Swim)	6:05AM-9:50AM (Lap, Open, & Family Swim)  10:20AM-10:50AM (Lap, Open, & Family Swim)  3:00PM-3:45PM (Lap, Open, & Family Swim)	6:00PM-6:50PM (Lap, Open, & Family Swim)	8:05AM-8:50AM (Lap, Open, & Family Swim)  3:00PM-5:45PM (Lap, Open, & Family Swim)	3:00PM-5:45PM (Lap, Open, & Family Swim)
<b>Interval Training</b> Large Gym	7:00AM-7:45AM (Group Fitness)			7:00AM-7:45AM (Group Fitness)			
<b>CST Practice for Bronze, Silver, and Gold</b> Pool	7:00AM-9:00AM (Competitive Swim Team)	7:00AM-9:00AM (Competitive Swim Team)	7:00AM-9:00AM (Competitive Swim Team)	7:00AM-9:00AM (Competitive Swim Team)	7:00AM-9:00AM (Competitive Swim Team)		
<b>CST Practice for Yellow</b> Pool	7:00AM-8:00AM (Competitive Swim Team)		7:00AM-8:00AM (Competitive Swim Team)		7:00AM-8:00AM (Competitive Swim Team)		
<b>CST Practice for Red</b> Pool	7:00AM-8:00AM (Competitive Swim Team)		7:00AM-8:00AM (Competitive Swim Team)		7:00AM-8:00AM (Competitive Swim Team)		
<b>Youth &amp; Family Open Gym</b> Small Gym	8:00AM-7:45PM (Basketball And Open Gyms)	11:30AM-7:45PM (Basketball And Open Gyms)			8:00AM-7:45PM (Basketball And Open Gyms)		
<b>Intermediate and Above Open Court Pickleball</b> Large Gym	8:30AM-10:30AM (Pickleball)					12:00PM-2:00PM (Pickleball)	12:00PM-2:00PM (Pickleball)
<b>Open Swim</b> Pool	10:20AM-10:50AM (Lap, Open, & Family Swim)	10:20AM-10:50AM (Lap, Open, & Family Swim)	10:20AM-10:50AM (Lap, Open, & Family Swim)	10:20AM-10:50AM (Lap, Open, & Family Swim)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Fitness</b> Pool	11:00AM-11:45AM (Water Fitness)  3:00PM-3:45PM (Water Fitness)	11:00AM-11:45AM (Water Fitness)	11:00AM-11:45AM (Water Fitness)	11:00AM-11:45AM (Water Fitness)  6:15PM-7:00PM (Water Fitness)			
<b>Private/Semi-Private Swim Lessons</b> Pool	3:00PM-4:00PM (Swim Lessons)  4:00PM-4:30PM (Swim Lessons)	3:00PM-4:00PM (Swim Lessons)	3:00PM-4:00PM (Swim Lessons)  4:00PM-4:30PM (Swim Lessons)	3:00PM-4:00PM (Swim Lessons)  4:45PM-5:15PM (Swim Lessons)		9:00AM-9:30AM (Swim Lessons)  12:50PM-1:20PM (Swim Lessons)  1:30PM-2:30PM (Swim Lessons)	10:00AM-12:30PM (Swim Lessons)  12:30PM-3:00PM (Swim Lessons)
<b>Preschool Swim Lessons</b> Pool	4:00PM-4:30PM (Swim Lessons)	4:00PM-4:30PM (Swim Lessons)	4:00PM-4:30PM (Swim Lessons)	4:00PM-4:30PM (Swim Lessons)		9:00AM-9:30AM (Swim Lessons)	11:00AM-11:30AM (Swim Lessons)
<b>Youth Swim Lessons</b> Pool	4:35PM-6:00PM (Swim Lessons)	4:35PM-5:15PM (Swim Lessons)	4:35PM-6:00PM (Swim Lessons)	5:20PM-6:00PM (Swim Lessons)		9:45AM-11:20AM (Swim Lessons)  1:40PM-2:20PM (Swim Lessons)	11:40AM-12:20PM (Swim Lessons)
<b>Rise &amp; Shine Morning Yoga</b> Small Gym		9:00AM-10:00AM (Group Fitness)					
<b>Gentle Movements Yoga</b> Small Gym		10:15AM-11:15AM (Group Fitness)					
<b>Alcuin Montessori Swim Lessons</b> Pool		1:30PM-3:00PM (Pool Rentals)					
<b>Adult Swim Lessons</b> Pool		5:20PM-6:00PM (Swim Lessons)					
<b>Indoor Pickleball Lessons for Intermediate and Above</b> Large Gym		7:00PM-8:30PM (Pickleball)					
<b>Bootcamp</b> Large Gym			7:00AM-7:45AM (Group Fitness)			8:15AM-9:00AM (Group Fitness) <i>Bruce F.</i>	
<b>Family Open Gym</b> Small Gym				8:00AM-5:15PM (Basketball And Open Gyms)  6:45PM-7:45PM (Basketball And Open Gyms)		8:00AM-8:45AM (Basketball And Open Gyms)	
<b>Endurance, Sports, and Games</b> Pool				4:35PM-5:15PM (Aquatic Pathway Classes)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Teen Swim Lessons</b> Pool				5:20PM-6:00PM (Swim Lessons)			
<b>Intro to Vinyasa Yoga</b> Small Gym				5:30PM-6:30PM (Group Fitness)			
<b>Child Watch</b> Child Watch Room						8:00AM-1:00PM (Child Watch)	
<b>Power Vinyasa Yoga</b> Small Gym						9:00AM-9:45AM (Group Fitness)	
<b>Bootcamp Light</b> Large Gym						9:15AM-10:00AM (Group Fitness)	
<b>Yin Restorative Yoga</b> Small Gym						10:00AM-10:45AM (Group Fitness)	
<b>Parent-Child Swim Lessons</b> Pool						12:50PM-1:20PM (Swim Lessons)	10:30AM-11:00AM (Swim Lessons)
<b>Family Swim</b> Pool						3:00PM-5:45PM (Lap, Open, & Family Swim)	3:00PM-5:45PM (Lap, Open, & Family Swim)
<b>Indoor Pickleball Lessons for Beginners</b> Large Gym							2:00PM-3:30PM (Pickleball)