



## West Cook YMCA Pool Schedule | Summer 2 | July 21st – August 16th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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)	6:05AM-9:50PM (Lap, Open, & Family Swim)  10:20AM-10:50AM (Lap, Open, & Family Swim)  3:00PM-5:15PM (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)
<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>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)	10:20AM-10:50AM (Lap, Open, & Family Swim)		
<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)	3:00PM-6:00PM (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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>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>Endurance, Sports, and Games</b> Pool				4:35PM-5:15PM (Aquatic Pathway Classes)			
<b>Teen Swim Lessons</b> Pool				5:20PM-6:00PM (Swim Lessons)			
<b>Aquatic Conditioning</b> Pool					5:20PM-6:00PM (Aquatic Pathway Classes)		
<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)