the Kankakee Area YMCA | AQUATICS SCHEDULE

NOV. 9 – NOV. 22, 2026

WALKER POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 – 8:00 AM	Lap Swim (5 lanes)	Lap Swim (5 lanes)	Lap Swim (5 lanes)	Lap Swim (5 lanes)	Lap Swim (5 lanes)	Lap Swim (4 lanes) 7:00 – 8:00 AM	
8:00 – 9:00 AM	Aqua Aerobics (4 lanes) 8:15 – 9:00 AM	Aqua Aerobics (4 lanes) 8:15 – 9:00 AM	Aqua Aerobics (4 lanes) 8:15 – 9:00 AM	Aqua Aerobics (4 lanes) 8:15 – 9:00 AM	Aqua Aerobics (4 lanes) 8:15 – 9:00 AM	Water Exercise & Lap Swim 8:00 – 9:00 AM	
9:00 – 11:00 AM	Open Swim (3 lanes)	Swim Lessons (9:20 – 11:00 AM)	Open Swim (3 lanes)	Open Swim (3 lanes)	Open Swim (3 lanes)	Swim Lessons 9:00 – 11:15 AM (1 lane)	Open Swim 8:15 – 10:00 AM
11:00 AM – 12:30 PM	Open Swim (3 lanes)	Open Swim (3 lanes)	Open Swim (3 lanes)	Open Swim (3 lanes)	Open Swim (3 lanes)	Open Swim 11:15 AM – 4:00 PM	Open Swim 12:05 – 2:30 PM
12:30 – 1:30 PM	Aqua Mix & Lap Swim (2 lanes)	Twinges & Hinges (1 lane)	Aqua Mix & Lap Swim (2 lanes)	Twinges & Hinges (1 lane)	Aqua Mix & Lap Swim (2 lanes)		
1:15 – 2:15 PM	Open Swim (3 lanes)	SPLASH! (5 lanes)	Open Swim (3 lanes)	SPLASH! (5 lanes)	Open Swim (3 lanes)		
2:15 – 3:30 PM	Open Swim (3 lanes)	Open Swim (3 lanes)	Open Swim (3 lanes)	Open Swim (3 lanes)	Open Swim (3 lanes)		
3:30 – 5:00 PM	Open Swim (2 lanes)	Open Swim (2 lanes)	Open Swim (2 lanes)	Open Swim (2 lanes)	Open Swim (2 lanes)		
5:00 – 6:30 PM	Swim Lessons (1 lane open for lap swim)	Swim Lessons (1 lane open for lap swim)	Swim Lessons (1 lane open for lap swim)	Swim Lessons (1 lane open for lap swim)	Open Swim 5:00 – 7:30 PM		
6:30 – 7:15 PM	Open Swim	Swim Lessons (cont.)	Open Swim	Swim Lessons (cont.)			
7:15 – 7:30 PM		Open Swim		Open Swim			
7:30 – 8:30 PM	Open Swim		Open Swim		Open Swim		

SWAN POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
8:00 – 8:45 AM							
8:45 – 9:30 AM						Swim Lessons 8:45 – 11:15 AM	
9:30 – 10:15 AM							
10:00 – 11:00 AM			First Taste				
10:15 – 11:00 AM							
11:00 AM – 12:30 PM							
12:05 – 2:30 PM						Open Swim 12:05 – 2:30 PM	Open Swim 12:05 – 2:30 PM
2:30 – 4:15 PM							
4:15 – 5:00 PM							
5:00 – 6:30 PM	Swim Lessons (until 7:00 PM)	Swim Lessons	Swim Lessons	Swim Lessons (until 7:00 PM)	Swim Lessons		
6:30 – 7:00 PM		Open Swim	Open Swim		Open Swim 5:00 – 7:00 PM		
7:00 – 7:30 PM	Open Swim			Open Swim			
7:30 – 8:30 PM							

PROGRAM COLOR KEY

- **Open Swim** (Recreation swimming)
- **Lap Swim** (Designated lanes)
- **Water Fitness** (Aqua Strength, Deep Water, Aqua Mix, Twinges, etc.)
- **Swim Lessons** (Adult, Teen, Adaptive)
- **Pool Closed**

IMPORTANT REMINDERS

Thanksgiving Day
Thu, Nov. 26
7:00 – 10:30 AM

Christmas Eve
Thu, Dec. 24
7:00 – 10:30 AM

Christmas Day
Fri, Dec. 25
CLOSED

New Year's Eve
Thu, Dec. 31
7:00 – 10:30 AM

New Year's Day
Fri, Jan. 1, 2027
CLOSED

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

k3ymca.org

Like us on Facebook.com/KankakeeAreaYMCA

SCHEDULE SUBJECT TO CHANGE.
Pool hours, programming, and lane availability may change.
For the latest updates, visit k3ymca.org or our Kankakee Area YMCA Facebook page.