



Leisure Pool

August 1 – 8

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



















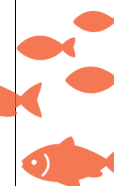


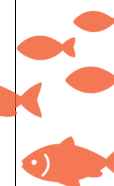


Pool schedule subject to change.



= indicates water features in use – a Swim Test is required for anyone to use the Slide.

- Children under 10 – parent/adult guardian must remain in pool area.
- Children under 10 are automatically considered non-swimmers unless they can pass the swim test.
- Non-swimmers are restricted to shallow pool areas. Those under the age of 10 must be within arm's reach of a parent/guardian.
- Except for group swim lesson participants, the Splash Pad is only available during Open Swim times.
- Only US Coast Guard floatation devices should be used and are available on the pool deck.

Aqua Physical Therapy – to schedule or find out more information call Powers Health (219) 286-3890

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|---|
| 8:00 – 12:00 Aqua Physical Therapy |  8:00 – 10:00 Open Swim | 8:00 – 12:00 Aqua Physical Therapy | 8:00 – 12:00 Open Swim  | 9:00 – 12:00 Aqua Physical Therapy | 8:45 – 12:00 Private Lessons | |
| 8:15 – 9:00 Aquanastics | | 8:15 – 9:00 Aquanastics | | 8:15 – 9:00 Aqua Arthritis | | |
| 9:10 – 9:55 Aqua Arthritis | | 9:10 – 9:55 Aqua Arthritis | | 9:10 – 9:55 Aqua Arthritis | | |
| 10:00 – 10:30 Childcare/Self-Led Water Exercise Time (WET) | 10:00 – 10:30 Childcare | 10:00 – 10:30 Childcare/Self-Led Water Exercise Time (WET) | | 10:00 – 10:30 Childcare/Self-Led Water Exercise Time (WET) | 12:00 – 1:00 Birthday Party  | 12:00 – 1:00 Birthday Party  |
| 10:30 – 12:15 Private Lessons | 10:30 – 12:15 Private Lessons | 10:30 – 12:15 Private Lessons | 12:20 – 1:20 Camp  |  10:30 – 12:00 Open Swim  | | |
| 12:20 – 1:20 Camp  | 12:20 – 1:20 Camp  | 12:20 – 1:20 Camp  | | | 1:00 – 3:00 Open Swim  | 1:00 – 3:00 Open Swim  |
|  1:30 – 2:10 Open Swim | 1:30 – 3:00 Open Swim |  1:30 – 2:10 Open Swim |  1:30 – 3:00 Open Swim  |  3:30 – 6:00 Open Swim |  3:00 – 5:00 Open Swim |  3:00 – 5:00 Open Swim |
| 2:15 – 3:00 Silver Splash/ Aqua Physical Therapy |  | 2:15 – 3:00 Silver Splash/ Aqua Physical Therapy | | | | |
| 3:30 – 6:00 Private Lessons | 3:30 – 6:00 Private Lessons | 3:30 – 6:00 Private Lessons | 3:30 – 6:00 Private Lessons | |  6:00 – 8:00 Open Swim |  6:00 – 8:00 Open Swim |
| 6:00 – 6:45 Aqua Zumba® | 6:00 – 8:00 Open Swim  | 6:00 – 6:45 Aqua Zumba® |  6:00 – 8:00 Open Swim | | | |

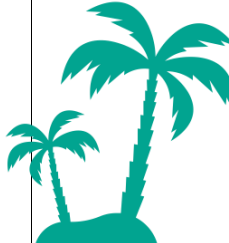




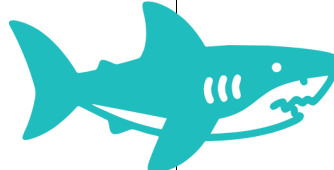


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Lap Pool

August 1 – 8

Pool schedule subject to change.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|---|--|
| 5:00 – 8:55 Lap Swim – 6 lanes | 5:00 – 8:55 Lap Swim – 6 lanes | 5:00 – 8:55 Lap Swim – 6 lanes | 5:00 – 8:55 Lap Swim – 6 lanes | 5:00 – 8:55 Lap Swim – 6 lanes | 7:00 – 9:00 Lap Swim–6 lanes |  |
| 9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane | 9:00 – 10:00 Deep Water Fitness – 4 lanes Lap Swim – 2 lanes | 9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane | 9:00 – 10:00 Deep Water Fitness – 4 lanes Lap Swim – 2 lanes | 9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane | 9:00 – 11:00 Lessons – 2 lanes Lap Swim – 4 lanes | |
| 9:50 – 10:35 Active Fitness – 3 lanes Lap Swim – 2 lanes |  10:00 – 12:30 Lap Swim – 6 lanes | 9:50 – 10:35 Active Fitness – 3 lanes Lap Swim – 3 lanes | 10:00 – 12:30 Lap Swim – 6 lanes  | 9:50 – 10:35 Active Fitness – 3 lanes Lap Swim – 3 lanes | 10:35 – 4:15 Lap Swim – 6 lanes  | |
| 10:30 – 12:15 Lessons – 1 lane Lap Swim – 2 lanes | | 10:35 – 12:15 Lessons – 1 lane Lap Swim – 5 lanes | | | | |
| 11:00 – 12:00 Deep Water Running – 3 lanes | | | | | | |
| 12:20 – 1:20 Camp – 2 lanes Lap Swim – 4 lanes | 12:30 – 4:00 Lap Swim – 6 lanes | 12:20 – 1:20 Camp – 2 lanes Lap Swim – 4 lanes | 12:30 – 4:00 Lap Swim – 6 lanes |  | 11:00 – 5:30 Lap Swim – 6 lanes | 11:00 – 5:30 Lap Swim – 6 lanes |
| 1:30 – 4:00 Lap Swim – 6 lanes | | 1:30 – 4:00 Lap Swim – 6 lanes | | | | |
| 4:00 – 6:00 Lessons – 4 lanes Lap Swim – 2 lanes | 4:00 – 7:00 Lessons – 4 lanes Lap Swim – 2 lanes | 4:00 – 6:00 Lessons – 4 lanes Lap Swim – 2 lanes | 4:00 – 7:00 Lessons – 4 lanes Lap Swim – 2 lanes | 4:15 – 5:00 Deep Water Running – 4 lanes Lap Swim – 2 lanes |  | |
| 6:00 – 9:30 Lap Swim – 6 lanes | 7:00 – 9:30 Lap Swim – 6 lanes | 6:00 – 9:30 Lap Swim – 6 lanes | 7:00 – 9:30 Lap Swim – 6 lanes | 5:00 – 9:30 Lap Swim – 6 lanes | | |



Helpful Things To Know



- Swimmers should ALWAYS share available lap lanes – circle swimming during peak pool usage times is encouraged. Please make sure the swimmer knows you are joining them prior to starting your lap swim.
- Please limit swim time when others are waiting.
- You must be at least 15 years of age and wearing appropriate attire to use the Whirlpool, Sauna and Steam Room.
- Underwater breath holding activities are prohibited in YMCA pools. Please review all posted pool rules prior to swimming.