



Lap Pool






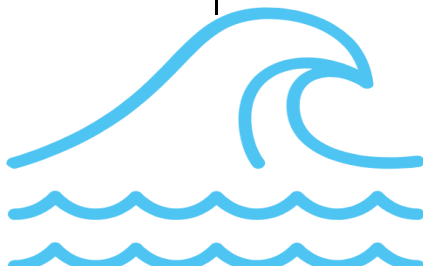


July 1 – July 31

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



** Y will be closed Friday, July 4 – Join us outside for our 4th of July Family Fun Night Event. **

Pool schedule subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-9:00 Lap Swim-6 lanes	5:00-9:00 Lap Swim-6 lanes	5:00-9:00 Lap Swim-6 lanes	5:00-9:00 Lap Swim-6 lanes	5:00-9:00 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-2 lanes	 10:00-12:30 Lap Swim-6 lanes	9:50-10:35 Active Fitness - 3 lanes Lap Swim-3 lanes	 11:00-5:30 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		10:35-4:15 Lap Swim-6 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	5:00-9:30 Lap Swim-6 lanes		11:00-2:00 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 - 3 lanes Lap Swim-3 lanes	4:00-7:00 Lessons-3 lanes Lap Swim-3 lanes	4:00-6:00 Lessons - 3 lanes Lap Swim-3 lanes	4:00-7:00 Lessons-3 lanes Lap Swim-3 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			

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.



Leisure Pool

July 1 – July 31

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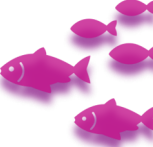
















Pool schedule subject to change.



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

- Children under 10 – parent/adult guardian should remain in pool area at all times.
- Children under 10 are automatically designated a non-swimmer unless they can pass the swim test.
- Non-swimmers are restricted to the shallow end and must be actively supervised and within arm's reach of a parent or adult guardian at all times.
- Except for program participants, in between program time, the Splash Pad is only available during Open and Limited Open Swim times.
- Parent/adult guardian must remain within arms' length of children using Splash Pad.
- Only US Coast Guard floatation devices should be used and are available on the pool deck.

Aqua Physical Therapy – to schedule or for 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	8:45-11:45 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		
10:00-10:30 Childcare/ Self-Led Water Exercise Time	10:00-10:30 Childcare	10:00-10:30 Childcare/ Self-Led Water Exercise Time		10:00-10:30 Childcare/ Self-Led Water Exercise Time		
10:30-12:15 Lessons	10:30-12:15 Lessons	10:30-12:15 Lessons		10:30-12:00 Open Swim	12:00-1:00 Birthday Party	
12:20-1:20 Camp 	12:20-1:20 Camp 	12:20-1:20 Camp 	12:20-1:20 Camp 			
 1:30-2:10 Open Swim	 1:30-3:00 Open Swim	1:30-2:10 Open Swim 	1:30-3:00 Open Swim  	1:00-3:00 Open Swim	1:00-3:00 Open Swim 	
2:15-3:00 Silver Splash/ Aqua Physical Therapy		2:15-3:00 Silver Splash/ Aqua Physical Therapy		3:30-6:00 Open Swim 	3:00-5:00 Open Swim 	3:00-5:00 Open Swim 
3:30-6:00 Lessons		3:30-6:00 Lessons				
6:00-6:45 Aqua Zumba	6:00-8:00 Lessons	6:00-6:45 Aqua Zumba				