



Leisure Pool

October 1 – 31















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		9:00 – 12:00 Aqua Physical Therapy	8:45 – 12:00 Lessons		
8:30 – 9:15 Aquanastics		8:30 – 9:15 Aquanastics	8:30 – 9:15 Aquanastics	8:30 – 9:15 Aqua Arthritis			
9:30 – 10:15 Aqua Arthritis			9:30 – 10:15 Aqua Arthritis	9:30 – 10:15 Aqua Arthritis			9:30 – 10:15 Aqua Arthritis
10:30 – 11:00 Child Care/Self-Led Water Exercise Time (WET)	10:00 – 11:00 Child Care	10:30 – 11:00 Child Care/Self-Led Water Exercise Time (WET)	10:15 – 11:00 Self-Led Water Exercise Time (WET)	10:30 – 11:00 Child Care/Self-Led Water Exercise Time (WET)			
11:00 – 12:00 Lessons	11:00 – 12:55 Lessons	11:00 – 12:00 Lessons	11:00 – 1:00 Lessons	11:00 – 12:00  Open Swim			
 12:00 – 2:00 Open Swim	1:00 – 1:30 Child Care	 12:00 – 2:00 Open Swim	1:00 – 3:00 Open Swim		12:00 – 1:00 Birthday Party 	12:00 – 1:00 Birthday Party 	
2:15 – 3:00 Silver Splash/ Aqua Physical Therapy	1:35 – 3:00 Open Swim 	2:15 – 3:00 Silver Splash/ Aqua Physical Therapy				1:00 – 5:00 Open Swim	
3:30 – 5:55 Lessons	3:30 – 6:00 Lessons	3:00 – 3:55 Adaptive Rec (Splash Pad Closed)	3:30 – 6:00 Lessons		 3:30 – 6:00 Open Swim		
		4:00 – 4:50 Sensory Splash (Splash Pad Closed)					
6:00 – 6:45 Aqua Zumba®	6:00 – 8:00 Open Swim 	6:00 – 6:45 Aqua Zumba®	 6:00 – 8:00 Open Swim 				



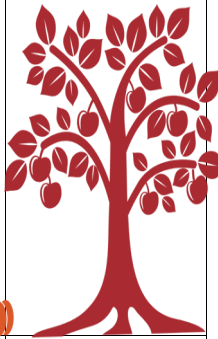








FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Lap Pool

October 1 – 31

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 – 4 lanes Lap Swim – 2 lanes		9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes		9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes		
11:00 – 12:00 Deep Water Running – 4 lanes Lap Swim – 2 lanes	10:00 – 4:00 Lap Swim – 6 lanes	10:40 – 12:00 Lap Swim – 6 lanes	10:00 – 4:00 Lap Swim – 6 lanes			11:00 – 2:00 Lessons – 3 lanes Lap Swim – 3 lanes
12:00 – 1:00 Lessons – 1 lane Lap Swim – 5 lanes		12:00 – 1:00 Lessons – 1 lane Lap Swim – 5 lanes			11:00 – 5:30 Lap Swim – 6 lanes	2:00 – 5:30 Lap Swim – 6 lanes
		1:00 – 3:00 Lap Swim – 6 lanes				
1:00 – 4:00 Lap Swim – 6 lanes		3:00 – 3:55 Adaptive Rec – 2 lanes Lap Swim – 4 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.