



# Lap Pool

## December 1 – December 23

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Subject to change, please see mobile app for the most up-to-date schedule or notifications.  
Lap swim/exercise available in lanes not used by programs on schedule (the lap pool has 6 lanes).**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00-8:00 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	5:00-8:00 Lap Swim- 6 lanes	7:00am-5:30pm Lap Swim- 6 lanes		
8:00-9:00 Lap Swim- 5 lanes				8:00-9:00 Lap Swim- 5 lanes			
9:00-10:00 Active Fitness Lap Swim - 1 lane	9:00-10:00 Deep Water Fitness Lap Swim - 2 lanes	9:00-10:00 Active Fitness Lap Swim - 1 lane	9:00-10:00 Deep Water Fitness Lap Swim - 2 lanes	9:00-10:00 Active Fitness Lap Swim - 1 lane			11:00am-5:30pm Lap Swim- 6 lanes
10:00-11:00 Lap Swim- 6 lanes	10:00-4:00 Lap Swim- 6 lanes	10:00-3:00 Lap Swim- 6 lanes	10:00-4:00 Lap Swim- 6 lanes	10:00-12:00 Lap Swim- 5 lanes			
11:00-12:00 Deep Water Running - 3 lanes Lap swim - 3 lanes				12:00-4:15 Lap Swim - 6 lanes			
12:00-4:00pm Lap Swim- 6 lanes		3:00-3:45 Adap. Rec- 2 lanes Lap Swim - 4 lanes					
4:00-6:00 Lessons - 3 lanes Lap Swim - 3 lanes	4:00-6:00 Lessons - 3 lanes Lap Swim - 3 lanes	4:00-6:00 Lessons - 3 lanes Lap Swim - 3 lanes	4:00-6:00 Lessons - 3 lanes Lap Swim - 3 lanes	4:15-5:00 Deep Water Running - 3 lanes Lap swim - 3 lanes			
6:00-9:30 Lap Swim- 6 lanes	6:00-9:30 Lap Swim- 6 lanes	6:00-9:30 Lap Swim- 6 lanes	6:00-9:30 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.



# Leisure Pool

## December 1 – December 23




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 = 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, 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 find out more information call St. Mary Medical Center (219) 286-3890**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00–12:00 Aqua Physical Therapy						
8:30–9:15 Aquanastics	9:00–10:00 Private Aqua Physical Therapy	8:30–9:15 Aquanastics	9:00–4:30 Private Aqua Physical Therapy			
9:30–10:15 Aqua Arthritis		9:30–10:15 Aqua Arthritis		9:30–10:15 Aqua Arthritis		
10:15–10:45 Childcare/WET		10:15–11:00 Childcare /WET				
11:00–12:00 Lessons Splash Pad Open	10:00–12:00 Childcare & Lessons	11:00–12:00 Lessons Splash Pad Open	11:00–11:45 Lessons	10:15–12:00 Childcare		
					12:00–1:00 Birthday Party	12:00–1:00 Birthday Party
12:00–2:00 Private Aqua Physical Therapy	12:00–1:00 Private Aqua Physical Therapy					
	1:00–1:30 Childcare		9:00–4:30 Private Aqua Physical Therapy		1:00–3:00 Open Swim 	1:00–3:00 Open Swim 
2:15–3:00 Silver Splash	1:30–3:45 Private Aqua Physical Therapy	2:15–3:00 Silver Splash				
		3:00–3:45 Adaptive Rec			3:00–5:00 Open Swim	3:00–5:00 Open Swim
4:00–6:00 Open Swim		3:45–5:45 Open Swim				
6:00–6:45 Aqua Zumba Splash Pad Open	3:45–6:05 Lessons	6:00–6:45 Aqua Zumba Splash Pad Open	3:45–6:05 Lessons	3:30–6:00 Open Swim		
	6:05–8:00 Open Swim 		6:05–8:00 Open Swim			