



Lap Pool

December 26 – Jan 7

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Holiday Hours



Y open Sunday, December 31, 11:00am – 3:00pm Lap Pool will close at 2:30pm

Y open Monday, January 1, 10:00am – 6:00pm Lap Pool will close at 5:30pm

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
 On January 1 10:00am–5:30pm Lap Swim– 6 lanes 	5:00–12:00 Lap Swim– 6 lanes	5:00am–9:30pm Lap Swim–6 lanes	5:00–12:00 Lap Swim– 6 lanes	5:00am–9:30pm Lap Swim–6 lanes		
	 12:00–2:00 Open Swim–2 lanes Lap Swim–4 lanes		12:00–2:00 Open Swim–2 lanes Lap Swim–4 lanes 			 On December 31 11:00–2:30 Lap Swim– 6 lanes
	2:00–9:30 Lap Swim– 6 lanes		2:00–9:30 Lap Swim– 6 lanes		7:00am–5:30pm Lap Swim– 6 lanes	On January 7 11:00–5:30 Lap Swim– 6 lanes
		5:00am–9:30pm Lap Swim–6 lanes		5:00am–9:30pm 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.



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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 flotation 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
	9:00–10:00 Private Aqua Physical Therapy	8:30–9:30 Self-Led Water Exercise Time		9:30–10:00 Self-Led Water Exercise Time		
	10:00–12:00 Open Swim	9:30–12:00 Open Swim		10:00–11:00 Childcare Fun Days (Registration required)		
	10:30–11:00 Splash Pad closed for Childcare	10:30–11:00 Splash Pad closed for Childcare		11:00–12:00 Open Swim		
	12:00–3:45 Private Aqua Physical Therapy				1:00–3:00 Open Swim 	12:00–1:00 Birthday Party
			9:00–4:30 Private Aqua Physical Therapy			Leisure pool – Closed Dec. 31 Open Jan. 7
	3:45–6:00 Open Swim	3:45–6:45 Open Swim		3:30–6:00 Open Swim	3:00–5:00 Open Swim	1:00–3:00 Open Swim
	6:00–8:00 Open Swim 			6:00–8:00 Open Swim		Leisure pool – Closed Dec. 31 Open Jan. 7