



Lap Pool

January 7 – January 31

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
5:00-9:00 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	
9:00-10:00 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	9:00-12:00 Lessons - 2 lanes Lap Swim-4 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	12:00-5:30 Lap Swim- 6 lanes	11:00-2:00 Lessons - 3 lanes ONLY 3 LAP LANES
11:00-12:00 Deep Water Running - 3 lanes Lap Swim - 3 lanes				12:00-4:15 Lap Swim - 6 lanes		2:00-5:30 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 - 2 lanes Lap Swim - 4 lanes		4:00-7:00 Lessons - 3 lanes Lap Swim - 3 lanes		4:00-6:00 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	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

January 7 – January 31




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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		8:00-12:00 Aqua Physical Therapy		8:30-9:15 Self-Led Water Exercise Time (WET)		
8:30-9:15 Aquanastics		8:30-9:15 Aquanastics		8:30-12:00 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/ Self-Led Water Exercise Time (WET)	10:00-12:00 Childcare & Lessons	10:15-11:00 Childcare / Self-Led Water Exercise Time (WET)		10:15-11:00 Childcare		
11:00-12:00 Lessons Splash Pad Open		11:00-12:00 Lessons Splash Pad Open		11:00-12:00 Open Swim	12:00-1:00 Birthday Party	12:00-1:00 Birthday Party
	1:00-1:30 Childcare				1:00-3:00 Open Swim 	1:00-3:00 Open Swim 
2:15-3:00 Silver Splash		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 Lessons	3:45-6:05 Lessons	3:45-6:00 Lessons				
6:00-6:45 Aqua Zumba Splash Pad Open		6:00-6:45 Aqua Zumba Splash Pad Open	4:00-6:00 Open Swim	3:30-6:00 Open Swim		
	6:05-8:00 Open Swim 		6:00-8:00 Open Swim			