



Lap Pool

March 1 – March 22

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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–3 lanes	10:00–12:30 Lap Swim–6 lanes	9:50–10:35 Active Fitness – 3 lanes Lap Swim–3 lanes	10:00–12:30 Lap Swim–6 lanes	9:50–10:35 Active Fitness – 3 lanes Lap Swim–3 lanes		
11:00–12:00 Deep Water Running –4 lanes Lap Swim–2 lanes		10:35–11:00 Lap Swim–6 lanes		10:35–4:15 Lap Swim–6 lanes	11:00–5:30 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	12:30–2:30 Lessons–1 lane Lap Swim–5 lanes	11:00–12:00 Lessons–1 lane Lap Swim–5 lanes	2:00–5:30 Lap Swim–6 lanes			
1:00–4:00 Lap Swim–6 lanes		12:00–3:00 Lap Swim–6 lanes		2:30–4:00 Lap Swim–6 lanes	4:15–5:00 Deep Water Running –4 lanes Lap Swim–2 lanes	
	2:30–4:00 Lap Swim–6 lanes	3:00–3:55 Adap.Rec–2 lanes Lap Swim – 4 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	5:00–9:30 Lap Swim–6 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

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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, 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 find out more information call Powers Health (219) 286-3890

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00–12:00 Aqua Physical Therapy		8:00–12:00 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		8:30–9:20 Aqua Arthritis		
9:30–10:15 Aqua Arthritis		9:30–10:15 Aqua Arthritis		9:30–10:15 Aqua Arthritis		
10:30–11:00 Childcare/ (WET) Self-Led Water Exercise Time	10:00–11:00 Childcare	10:30–11:00 Childcare/ (WET) Self-Led Water Exercise Time		10:30–11:00 Childcare/ (WET) Self-Led Water Exercise Time		
11:00–12:00 Lessons	11:00–1:00 Lessons	11:00–12:00 Lessons		11:00–12:00 Open Swim		
	1:00–1:30 Childcare		12:00–3:10 Open Swim		12:00–1:00 Birthday Party	12:00–1:00 Birthday Party
2:15–3:00 Silver Splash/ Aqua Physical Therapy	1:35–3:10 Open Swim	2:15–3:00 Silver Splash/ Aqua Physical Therapy			1:00–3:00 Open Swim	1:00–3:00 Open Swim
		3:00–3:55 Adaptive Recreation				
3:45–5:50 Lessons	3:45–6:00 Lessons	3:55–5:50 Lessons	3:45–6:00 Lessons	3:30–6:00 Open Swim	3:00–5:00 Open Swim	3:00–5:00 Open Swim
6:00–6:45 Aqua Zumba Splash Pad Open	6:00–8:00 Open Swim	6:00–6:45 Aqua Zumba Splash Pad Open				