



# Lap Pool

## September 1 – December 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
5:00–8:00 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	7:00–9:00 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	9:00–12:00 Lessons – 4 lanes <b>ONLY 2 LAP LANES</b>	
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	12:00–1:00 Lessons – 2 lanes <b>ONLY 4 LAP LANES</b>	11:00–1:00 Lessons – 2 lanes <b>ONLY 4 LAP LANES</b>
11:00–12:00 Deep Water Running – 3 lanes Lap swim – 3 lanes				12:00–4:15 Lap Swim – 6 lanes	1:00–5:30 Lap Swim– 6 lanes	1:00–5:30 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 – 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		
6:00–9:30 Lap Swim– 6 lanes	6:00–9:30 Lap Swim– 6 lanes	6:00–9:30 Lap Swim– 6 lanes	6:00–6:45 Lessons – 3 lanes Lap Swim – 3 lanes  6:45–9:30 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

## September 1 – December 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						
8:30-9:15 Aquanastics	9:00-10:00 Private Aqua Physical Therapy	8:30-9:15 Aquanastics	9:00-4:30 Private Aqua Physical Therapy		9:00-12:00 Lessons	
9:30-10:15 Aqua Arthritis		9:30-10:15 Aqua Arthritis		9:30-10:15 Aqua Arthritis		
10:15-10:45 Childcare/WET	10:00-12:00 Childcare & Lessons	10:15-11:00 Childcare /WET		10:15-12:00 Childcare & Lessons	12:00-1:00 Birthday Party	
11:00-12:00 Lessons Splash Pad Open		11:00-12:00 Lessons Splash Pad Open				
12:00-2:00 Private Aqua Physical Therapy	12:00-1:00 Private Aqua Physical Therapy				1:00-3:00 Open Swim 	1:00-3:00 Open Swim 
	1:00-1:30 Childcare					
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				
4:00-6:00 Lessons	3:45-5:45 Lessons	3:45-5:45 Lessons				
6:00-6:45 Aqua Zumba Splash Pad Open		6:00-6:45 Aqua Zumba Splash Pad Open		3:30-6:00 Open Swim		
	6:05-8:00 Open Swim 		6:00-8:00 Open Swim			