



Lap Pool

March 24 – March 30

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**** Y will be closed in observance of Easter, Sunday, March 31 ****

Schedule subject to change, please see mobile app for the most up-to-date schedule or notifications.

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 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	9:00-11:00 Lessons – 2 lanes Lap Swim – 4 lanes	
9:50-10:35 Active Fitness Lap Swim – 3 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	10:00-4:15 Lap Swim – 6 lanes	11:00-5:30 Lap Swim – 6 lanes	11:00-2:00 Lessons – 2 lanes Lap Swim – 4 lanes
11:00-12:00 Deep Water Running – 3 lanes Lap Swim – 3 lanes						
12:00-4:00pm Lap Swim – 6 lanes		3:00-3:45 Lap Swim – 6 lanes				
4:00-6:00 Lessons – 2 lanes Lap Swim – 4 lanes	4:00-7:00 Lessons – 2 lanes Lap Swim – 4 lanes	4:00-6:00 Lessons – 2 lanes Lap Swim – 4 lanes	4:00-7:00 Lessons – 2 lanes Lap Swim – 4 lanes	4:15-5:00 Deep Water Running – 3 lanes Lap Swim – 3 lanes		2:00-5:30 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	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

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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		9:00–12:00 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)	10:00–10:30 Childcare	10:15–10:45 Childcare/ Self-Led Water Exercise Time (WET)		10:15–11:00 Childcare		
10:45–12:00 Open Swim	10:30–12:00 Open Swim	10:45–12:00 Open Swim		11:00–12:00 Fun Days (Registration required)		
	12:00–2:00 Open Swim				12:00–1:00 Birthday Party	12:00–1:00 Birthday Party
2:15–3:00 Silver Splash/ Aqua Physical Therapy		2:15–3:00 Silver Splash/ Aqua Physical Therapy			1:00–3:00 Open Swim	1:00–3:00 Open Swim 
						3:00–5:00 Open Swim
6:00–6:45 Aqua Zumba Splash Pad Open		6:00–6:45 Aqua Zumba Splash Pad Open	6:00–8:00 Open Swim			