



Leisure Pool

November 24 – 30

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y will be closed on Thanksgiving – Thursday, November 27

Pool schedule subject to change.

 = indicates water features in use – a Swim Test is required for anyone to use the Slide.

- Children under 10 – parent/adult guardian must remain in pool area.
- Children under 10 are automatically considered non-swimmers unless they can pass the swim test.
- Non-swimmers are restricted to shallow pool areas. Those under the age of 10 must be within arm's reach of a parent/guardian.
- Splash Pad is available during Open Swim times.
- During lesson times, Splash Pad may only be used by scheduled swimmers before and after their lesson.
- 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 Powers Health (219) 286-3890

Monday – 24 th	Tuesday – 25 th	Wednesday – 26 th	Thursday – 27 th	Friday – 28 th	Saturday – 29 th	Sunday – 30 th	
8:00 – 12:00 Aqua Physical Therapy	8:00 – 10:00 Open Swim	8:00 – 12:00 Aqua Physical Therapy	    	9:00 – 12:00 Aqua Physical Therapy	8:45 – 12:00 Open Swim		
8:30 – 9:15 Aquanastics		8:30 – 9:15 Aquanastics		9:00 – 2:30 Open Swim			
9:30 – 10:15 Aqua Arthritis		9:30 – 10:15 Aqua Arthritis					
10:30 – 11:00 Self-Led Water Exercise Time (WET)	10:30 – 2:00 Open Swim				12:00 – 1:00 Birthday Party 	12:00 – 1:00 Birthday Party 	
11:00 – 12:45 Lessons							11:00 – 12:55 Lessons
12:55 – 2:00 Self-Led Water Exercise Time (WET)							1:00 – 1:30 Child Care
2:15 – 3:00 Silver Splash/ Aqua Physical Therapy	1:35 – 3:00 Open Swim			2:15 – 3:00 Silver Splash/ Aqua Physical Therapy	1:00 – 3:00 Open Swim 	1:00 – 5:00 Open Swim	
3:30 – 5:55 Lessons	3:30 – 6:00 Lessons				3:00 – 5:00 Open Swim		
6:00 – 6:45 Aqua Zumba®	6:00 – 8:00 Open Swim	6:00 – 6:45 Aqua Zumba®					



Lap Pool

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5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	    	5:00am–9:30pm Lap Swim – 6 lanes		11:00am–5:30pm 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							
9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes	10:00am–4:00pm Lap Swim – 6 lanes	9:50 – 10:35 Active Fitness – 4 lanes Lap Swim – 2 lanes							
11:00 – 12:00 Deep Water Running – 4 lanes Lap Swim – 2 lanes		10:40am – 9:30pm Lap Swim–6 lanes							
12:00 – 1:00 Lessons – 2 lanes Lap Swim – 4 lanes									
1:00 – 4:00pm Lap Swim – 6 lanes									
4:00 – 6:00 Lessons – 4 lanes Lap Swim – 2 lanes	4:00 – 7:00 Lessons – 4 lanes Lap Swim – 2 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.