



Lap Pool

May 1 – May 31

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y will be closed Monday, May 26 in observance of Memorial Day.

Pool schedule 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	11:00-5:30 Lap Swim-6 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		
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	12:30-2:30 Lessons-1 lane Lap Swim-5 lanes	4:15-5:00 Deep Water Running -4 lanes Lap Swim-2 lanes		11:00-2:00 Lessons - 3 lanes Lap Swim-3 lanes
1:00-4:00 Lap Swim-6 lanes		12:00-3:00 Lap Swim-6 lanes			2:00-5:30 Lap Swim-6 lanes	
4:00-6:00 Lessons - 3 lanes Lap Swim-3 lanes	2:30-4:00 Lap Swim-6 lanes	3:00-3:55 Adap.Rec-2 lanes Lap Swim - 4 lanes	2:30-4:00 Lap Swim-6 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

May 1 – May 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, 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 flotation devices should be used and are available on the pool deck.

Aqua Physical Therapy – to schedule or for 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	12:00-3:10 Open Swim	11:00-12:00 Open Swim		
	1:00-1:30 Childcare				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			3:00-5:00 Open Swim	3:15-4:00 Sensory Splash (Paid Program)
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		4:15-5:00 Sensory Splash (Paid Program)
6:00-6:45 Aqua Zumba Splash Pad Open	6:00-8:00 Open Swim	6:00-6:45 Aqua Zumba Splash Pad Open				