



Lap Pool

May 1 – May 31

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**** Y will be closed Monday, May 27 in observance of Memorial Day. ****

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	9:00-9:45 Active Fitness Lap Swim – 1 lane	9:00-10:00 Deep Water Fitness Lap Swim – 2 lanes	9:00-9:45 Active Fitness Lap Swim – 1 lane		
9:50-10:35 Active Fitness Lap Swim – 3 lanes		9:50-10:35 Active Fitness Lap Swim – 3 lanes		9:50-10:35 Active Fitness Lap Swim – 3 lanes		
11:00-12:00 Deep Water Running – 3 lanes Lap Swim – 3 lanes	10:00-4:00 Lap Swim – 6 lanes	10:45-3:00 Lap Swim – 6 lanes	10:00-4:00 Lap Swim – 6 lanes			11:00-2:00 Lessons – 3 lanes Lap Swim – 3 lanes
12:00-4:00 Lap Swim – 6 lanes		3:00-3:55 Adap. Rec – 2 lanes Lap Swim – 4 lanes		10:45-4:15 Lap Swim – 6 lanes		
4:00-6:00 Lessons – 3 lanes Lap Swim – 3 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 – 3 lanes Lap Swim – 3 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)	10:00-12:00 Childcare & Lessons	10:15-10:45 Childcare/ Self-Led Water Exercise Time (WET)		10:15-11:00 Childcare		
11:00-12:00 Lessons Splash Pad Open		11:00-12:00 Lessons Splash Pad Open		11:00-12:00 Open Swim		
	1:00-1:30 Childcare					
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 
			3:00-3:55 Adaptive Rec			
4:00-6:00 Lessons	3:45-6:05 Lessons	3:55-6:00 Lessons	4:00-6:00 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	6:05-8:00 Open Swim 	6:00-6:45 Aqua Zumba Splash Pad Open				