



# Lap Pool

## December 1 – December 21

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.

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	9:00-11:00 Lessons – 2 lanes Lap Swim – 4 lanes	
9:50-10:35 Active Fitness Lap Swim – 3 lanes	10:00-12:30 Lap Swim – 6 lanes	9:50-10:35 Active Fitness Lap Swim – 3 lanes	10:00-12:30 Lap Swim – 6 lanes	9:50-10:35 Active Fitness Lap Swim – 3 lanes		
11:00-12:00 Deep Water Running – 3 lanes Lap Swim – 3 lanes	12:30-2:30 Lessons – 1 lane Lap Swim – 5 lanes	10:45-12:00 Lap Swim – 6 lanes	12:30-2:30 Lessons – 1 lane Lap Swim – 5 lanes	10:35-4:15 Lap Swim – 6 lanes	11:00-5:30 Lap Swim – 6 lanes	11:00-2:00 Lessons – 3 lanes Lap Swim – 3 lanes
12:00-1:00 Lessons – 1 lane Lap Swim – 5 lanes	2:30-4:00 Lap Swim – 6 lanes	12:00-1:00 Lessons – 1 lane Lap Swim – 5 lanes 1:00-3:00 Lap Swim – 6 lanes	2:30-4:00 Lap Swim – 6 lanes			
1:00-4:00 Lap Swim – 6 lanes	4:00-7:00 Lessons – 3 lanes Lap Swim – 3 lanes	3:00-3:55 Adap. Rec – 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
4:00-6:00 Lessons – 2 lanes Lap Swim – 4 lanes	7:00-9:30 Lap Swim – 6 lanes	4:00-6:00 Lessons – 2 lanes Lap Swim – 4 lanes	7:00-9:30 Lap Swim – 6 lanes	5:00-9:30 Lap Swim – 6 lanes		
6:00-9:30 Lap Swim – 6 lanes		6:00-9:30 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

## December 1 – December 21



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.

 = 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 floatation 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	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		
8:30-9:15 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/ Self-Led Water Exercise Time (WET)	10:00-11:00 Childcare	10:30-11:00 Childcare/ Self-Led Water Exercise Time (WET)		10:30-11:00 Childcare/ Self-Led Water Exercise Time (WET)	8:45-12:00 Lessons	
11:00-12:00 Lessons	11:00-1:00 Lessons	11:00-12:00 Lessons		11:00-12:00 Open Swim		
	1:00-1:30 Childcare		12:30-2:15 Open Swim		12:00-1:00 Birthday Party	12:00-1:00 Birthday Party
2:15-3:00 Silver Splash/ Aqua Physical Therapy	1:35-2:15 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 Rec				
3:45-5:50 Lessons	4:00-6:00 Lessons	3:55-5:50 Lessons	3:45-6:00 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		6:00-6:45 Aqua Zumba Splash Pad Open				