



Lap Pool

November 27 – November 30

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**** Y will be closed Thursday, November 28 for Thanksgiving. ****

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



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