



Lap Pool

September 1 – September 30

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**** Y will be closed Monday, September 2nd in observance of Labor 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 | 9:00-11:00 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 Sunday lessons begin Sept. 8 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

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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 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 | | | 8:45-12:00 Lessons | | |
| 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 | | | |
| 10:30-11:00 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) | | | |
| 11:00-12:00 Lessons Splash Pad Open | | 11:00-12:00 Lessons Splash Pad Open | | 11:00-12:00 Open Swim | | | |
| | 11:00-12:55 Open Swim | | 12:30-2:15 Open Swim | | 12:00-1:00 Birthday Party | 12:00-1:00 Birthday Party | |
| | 1:00-1:30 Childcare | | | | | | |
| 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 | | | 3:30-6:00 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 | | | | | |