



Lap Pool

June 1 – August 9

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**** Y will be closed Thursday, July 4th in observance of Independence 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	10:00-10:30 Lap Swim – 6 lanes	9:50-10:35 Active Fitness Lap Swim – 3 lanes	10:00-10:30 Lap Swim – 6 lanes	9:50-10:35 Active Fitness Lap Swim – 3 lanes	9:00-11:00 Lessons-4 lanes Lap Swim-2 lanes	
11:00-12:00 Deep Water Running – 3 lanes Lap Swim – 3 lanes	10:30-12:15 Lessons-3 lanes Lap Swim-3 lanes	10:35-11:30 Lap Swim – 6 lanes 11:30-12:15 Lessons-3 lanes Lap Swim-3 lanes	10:30-12:15 Lessons-3 lanes Lap Swim-3 lanes		11:00-12:00 Lessons-2 lanes Lap Swim-4 lanes	11:00-2:00 Lessons-3 lanes Lap Swim – 3 lanes
12:20-1:20 Camp – 2 lanes Lap Swim – 4 lanes	12:15-4:00 Lap Swim – 6 lanes	12:20-1:20 Camp – 2 lanes Lap Swim – 4 lanes	12:15-4:00 Lap Swim – 6 lanes	10:45-4:15 Lap Swim – 6 lanes		
1:30-4:00 Lap Swim – 6 lanes		1:30-4:00 Lap Swim – 6 lanes			12:00-5:30 Lap Swim – 6 lanes	2:00-5:30 Lap Swim – 6 lanes
4:00-6:00 Lessons – 3 lanes Lap Swim – 3 lanes	4:00-6:00 Lessons – 3 lanes Lap Swim – 3 lanes	4:00-6:00 Lessons – 3 lanes Lap Swim – 3 lanes	4:00-6:00 Lessons – 3 lanes Lap Swim – 3 lanes	4:15-5:00 Deep Water Running – 3 lanes Lap Swim – 3 lanes		
6:00-9:30 Lap Swim – 6 lanes	6:00-9:30 Lap Swim – 6 lanes	6:00-9:30 Lap Swim – 6 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.



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 flotation 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	8:00-10:00 OPEN SWIM	8:00-12:00 Aqua Physical Therapy	8:00-10:00 OPEN SWIM			
8:15-9:00 Aquanastics		8:15-9:00 Aquanastics		9:00-12:00 Aqua Physical Therapy		
9:10-9:55 Aqua Arthritis		9:10-9:55 Aqua Arthritis		9:10-9:55 Aqua Arthritis		
10:00-10:30 Self-Led Water Exercise Time (WET)	10:00-10:30 Childcare	10:00-10:30 Childcare/Self-Led Water Exercise Time (WET)	10:00-10:30 Childcare	10:00-10:30 Childcare/Self-Led Water Exercise Time (WET)		
Lessons 10:30-12:15	Lessons 10:30-12:15	Lessons 10:30-12:15	Lessons 10:30-12:15	10:30-3:30 OPEN SWIM		
12:20-1:20 Camp 	12:20-1:20 Camp 	12:20-1:20 Camp 	12:20-1:20 Camp 		12:00-1:00 Birthday Party 	12:00-1:00 Birthday Party 
1:20-2:10 OPEN SWIM 	1:20-2:20 OPEN SWIM 	1:20-2:10 OPEN SWIM 	1:20-2:20 OPEN SWIM 		1:00-3:00 OPEN SWIM 	1:00-5:00 OPEN SWIM
2:15-3:00 Silver Splash/ Aqua Physical Therapy	2:20-3:30 OPEN SWIM	2:15-3:00 Silver Splash/ Aqua Physical Therapy	2:20-3:30 OPEN SWIM			
3:45-5:55 Lessons	3:30-6:00 Lessons	3:45-5:55 Lessons			3:00-5:00 OPEN SWIM	
6:00-6:45 Aqua Zumba		6:00-6:45 Aqua Zumba				