



LAP POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WABASH COUNTY YMCA
MAY 2024

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|---|---|---|---|--|--|--|
| 5:00am - 6:00am | Hydro-X 3L Lap Swim 3L | CLOSED | Lap Swim 6L | CLOSED | Hydro-X 3L Lap Swim 3L | | |
| 6:00am - 8:00am | Lap Swim 6L | CLOSED | Lap Swim 6L | CLOSED | Lap Swim 6L | CLOSED | |
| 8:00am - 9:00am | Lap Swim 6L | Lap Swim 6L | Lap Swim 6L | Lap Swim 6L | Lap Swim 6L | Lap Swim 3L Open Swim 3L | |
| 9:00am - 10:00am | Water Aerobics 3L Lap Swim 3L | Water Aerobics 3L Lap Swim 3L | Water Aerobics 3L Lap Swim 3L | Lap Swim 3L Open Swim 3L | Water Aerobics 3L Lap Swim 3L | Lap Swim 3L Open Swim 2L Lessons 1L | |
| 10:00am-11:00pm | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Cardio Water Aerobics 2L Lap Swim 3L Lessons 1L | Lap Swim 3L Open Swim 3L | Lap Swim 3L Open Swim 2L Lessons 1L | |
| 11:00am - 12:00pm | Water Aerobics 3L Lap Swim 3L | Lap Swim 3L Open Swim 2L Lessons 1L | Water Aerobics 3L Lap Swim 3L | Lap Swim 3L Open Swim 2L Lessons 1L | Water Aerobics 3L Lap Swim 3L | Lap Swim 3L Open Swim 2L Lessons 1L | |
| 12:00pm-2:00pm | Lap Swim 3L Open Swim 3L | CLOSED | Lap Swim 3L Open Swim 3L | CLOSED | Lap Swim 3L Open Swim 3L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 3L |
| 2:00pm - 4:00pm | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | Lap Swim 3L Open Swim 3L | Lap Swim 3L Open Swim 3L |
| 4:00pm - 6:00pm | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 3L Closes at 5:30pm | Lap Swim 3L Open Swim 3L Closes at 5:30pm |
| 6:00pm-6:30pm | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Lessons 3L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 3L | | |
| 6:30pm-8:00pm | Lap Swim 3L Open Swim 3L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 3L | Lap Swim 3L Open Swim 3L | Lap Swim 3L Open Swim 3L Closes at 7:30pm | | |

FAMILY POOL SCHEDULE

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|-----------------|---------------|---------------|---------------|---------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 5:00am - 2:00pm | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | Opens at 12pm |
| 2:00pm - 4:00pm | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | Open Swim | Open Swim |
| 4:00pm-8:00pm | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim Closes at 7:30pm | Open Swim Closes at 5:30pm | Open Swim Closes at 5:30pm |

* Schedule subject to change without advance notice*

Updated 04/22/2024



WATER AEROBICS CLASS DESCRIPTIONS

| | |
|---------------------------|---|
| Hydro-X | Take your workout to the water. This class is to be enjoyed in the water while incorporating resistance moves and aerobic conditioning. This low-impact, high-intensity workout is easy on your joints and perfect for any fitness ability. Don't be fooled; you will work up a sweat during this heart-pumping workout! (45 mins) |
| Water Aerobics | Activate your aqua urge for variety! Water Aerobics offers lots of fun with shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming skills are required, and a kickboard, pool noodle, or ball is used to develop strength, balance, and coordination. Two levels are available-one with weight and one without. (1 hour) |
| Aqua Strength and Stretch | A shallow water class for every level that uses equipment to strengthen and tone. Challenge your cardio level while having fun! (1 hour) |

POOL USE

Members may swim at no extra charge. Guests may purchase a day pass to swim. Children under the age of 8 must be accompanied by an adult. Please observe posted rules and use locker room courtesy.

SWIM TEST POLICY

All children under the age of 14 who wish to swim in water deeper than 5 ft. without a lifejacket must pass the green band swim test.

Swim Test:

1. Jump into the deep end of the pool, submerge fully, return to the surface of the water and immediately begin swimming. Swim in a horizontal position on the surface of the water. Swim ½ length of the lap pool with a front crawl stroke, no underwater swimming allowed.
2. Tread water for 30 seconds.
3. Resume swimming in a horizontal position on the surface of the water.
4. Float on your back for 10 seconds.

Swimmers must not appear too fatigued after completion of the test. Swimmers who pass the test will be issued a green wristband. Anyone with a green wristband age 8 and over will be allowed in pool areas without an adult present.

Swimmers that do not pass or decline the swim test are considered non-swimmers at our YMCA and will be issued a red band. Anyone with a red wristband age 8 to 14 must wear a lifejacket at all times and remain in water less than 5 feet deep and may only swim in areas deeper than where they can touch with a lifejacket on and parent/guardian (18+) within arm's reach. Anyone under the age of 8 must wear a lifejacket at all times and remain in water less than 5 ft. They must have a parent/guardian (18+) within arm's reach (lap pool). OR must have a parent/guardian (18+) in the pool area (family pool).

Parents/Guardians (18+) teaching their kids to swim may remove their life jackets, but must stay within arm's reach of the child AND must remain in water less than armpit deep.

POOL WEATHER POLICY

When thunder or lightning is first noticed, pool activities will be suspended and all aquatic areas will be evacuated until 30 minutes after the last sign of thunder or lightning.