FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

WABASH COUNTY YMCA OCTOBER 2025 Wabash High **S**chool will be using two **L**anes twice a week

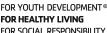
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|---|---|-------------------------------------|---|--|--|--|
| 5:00am - 6:00am | Hydro-X 3L Lap Swim 3L | CLOSED | Lap Swim 6L | CLOSED | Hydro-X 3L Lap Swim 3L | | |
| 6:00am - 8:00am | Lap Swim 6L | 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- 11:00am | 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 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | |
| 11:00am - 1:00pm | 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 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | |
| 1:00pm - 4:00pm | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | Lap Swim 3L Open Swim 3L | Lap Swim 3L Open Swim 3L |
| 4:00pm - 5:00pm | Lap Swim 3L HS swim team 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 3L | Lap Swim 2L HS swim team 2L Lessons 1L | Lap Swim 3L Open Swim 3L | Lap Swim 3L Open Swim 3L Closes at 5:30pm | Lap Swim 3L Open Swim 3L Closes at 5:30pm |
| 5:00pm- 8:00pm | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 3L | Lap Swim 3L Open Swim 2L Lessons 1L | Lap Swim 3L Open Swim 3L Closes at 7:30pm | | |

FAMILY POOL SCHEDULE

| 5:00am- 11:00am | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
|--------------------|-----------|-----------|-----------|-----------|-------------------------------|-------------------------------|--------------------------------------|
| 11:00am- 2:00pm | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | Open Swim | Open Swim (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 09/26/2025



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|---|----------------|----------|--|--------------------------------|
| | Doug | Hydro-X | Take your workout to the water. This class is to be enjoyed in the incorporating resistance moves and aerobic conditioning. This lo high-intensity workout is easy on your joints and perfect for any fitness ability fooled; you will work up a sweat during this heart-pumping workout! (45 mir | w-impact, y. Don't be |
| | Water Aerobics | | Activate your aqua urge for variety! Water Aerobics offers lots of fun with sha moves to improve agility, flexibility, and cardiovascular endurance. No swimm required, and a kickboard, pool noodle, or ball is used to develop strength, bacoordination. Two levels are available-one with weight and one without. (1 he | ling skills are alance, and |

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:

- 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 1/2 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 $\dot{5}$ 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.