



# WABASH COUNTY YMCA POOL SCHEDULE APRIL 2026

*Make a splash this spring!*



## 6 LANE LAP POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM - 6AM	3L Hydro-X 3L Lap Swim	6L Lap Swim	6L Lap Swim	6L Lap Swim	3L Hydro-X 3L Lap Swim	Closed	Schedule is subject to change without advance notice
6AM - 8AM	6L Lap Swim	6L Lap Swim	6L Lap Swim	6L Lap Swim	6L Lap Swim		
8AM - 9AM	6L Lap Swim	6L Lap Swim	6L Lap Swim	6L Lap Swim	6L Lap Swim		
9AM - 10AM	3L Aerobics 3L Lap Swim	3L Aerobics 3L Lap Swim	3L Aerobics 3L Lap Swim	3L Open Swim 3L Lap Swim	3L Aerobics 3L Lap Swim		
10AM - 11AM	3L Aerobics 3L Lap Swim	3L Lap Swim 3L Open Swim	3L Aerobics 3L Lap Swim	6L Lap Swim	3L Aerobics 3L Lap Swim		
11AM - 12PM	3L Lap Swim 3L Open Swim	3L Lap Swim 3L Open Swim	3L Lap Swim 3L Open Swim	6L Lap Swim	3L Lap Swim 3L Open Swim		
12PM - 4PM	Closed	Closed	Closed	Closed	Closed		
4PM - 5PM	3L Lap Swim 2L Open Swim 1L Lessons	3L Lap Swim 2L Open Swim 1L Lessons	3L Lap Swim 2L Open Swim 1L Lessons	3L Lap Swim 2L Open Swim 1L Lessons	3L Lap Swim 3L Open Swim	3L Lap Swim 3L Open Swim Close 5:30pm	3L Lap Swim 3L Open Swim Close 5:30pm
5PM - 6PM	2L Lap Swim 1L Open Swim 1L Lessons 2L Swim Club	2L Lap Swim 1L Open Swim 1L Lessons 2L Swim Club	2L Lap Swim 1L Open Swim 1L Lessons 2L Swim Club	2L Lap Swim 1L Open Swim 1L Lessons 2L Swim Club	3L Lap Swim 3L Open Swim	Closed	
6PM - 7PM	2L Lap Swim 1L Lessons 1L DW Aerobics 2L Swim Club	2L Lap Swim 1L Open Swim 1L Lessons 2L Swim Club	2L Lap Swim 1L Lessons 1L DW Aerobics 2L Swim Club	2L Lap Swim 1L Open Swim 1L Lessons 2L Swim Club	3L Lap Swim 3L Open Swim		
7PM - 8PM	3L Lap Swim 2L Open Swim 1L Lessons	3L Lap Swim 2L Open Swim 1L Lessons	3L Lap Swim 3L Open Swim	3L Lap Swim 2L Open Swim 1L Lessons	3L Lap Swim 3L Open Swim Close 7:30pm		

## FAMILY POOL

5-9AM	Closed	Closed	Closed	Closed	Closed	Closed	
9-11AM	Closed	Closed	Closed	Closed	Closed	Lessons Only	
11AM-4PM	Closed	Closed	Closed	Closed	Closed	Open Swim	Open 12pm
4-8PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim Close 7:30pm	Open Swim Close 5:30pm	Open Swim Close 5:30pm



WABASH COUNTY YMCA

# AQUATICS PROGRAM INFO & POLICIES



## CLASS DESCRIPTIONS



### HYDRO-X

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!



### WATER AEROBICS

Water Aerobics uses shallow water movements 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 - with weights or without.



### DEEP WATER AEROBICS

Deep Water Aerobics is a low-impact water workout in the deep end of the pool that uses water resistance to protect your joints while improving cardio fitness, core strength, and total-body tone. All equipment is provided—just bring your energy!

## POOL USE

- Members may swim at no extra charge
- Guests may purchase a day pass to swim
- Children age 7 & under must be accompanied by an adult
- Please observe posted rules & use locker room courtesy

## 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.

## SWIM TEST POLICY

All children age 13 and under who wish to swim in water deeper than 5 ft. without a life jacket must pass the GREEN BAND swim test WITHOUT FATIGUE. Swimmers that do not pass or decline the swim test are considered non-swimmers at our YMCA and will be issued a RED BAND.

### GREEN BAND SWIM TEST

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

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

### RED BAND REQUIREMENTS

#### Children age 7 and under must:

- Wear a life jacket at all times
- Remain in water less than 5 ft
- Have a parent/guardian (18+) in pool within arm's reach (lap pool) - OR
- Have a parent/guardian (18+) in the pool area (family pool)

#### Ages 8 to 13 must:

- Wear a life jacket at all times
- Remain in water less than 5 feet deep
- Swim in deeper water only with a lifejacket on & parent/guardian (18+) within arm's reach