



# WABASH COUNTY YMCA POOL SCHEDULE FEBRUARY 2026

**WABASH SCHOOL SWIM TEAM USES 4 LANES MON-FRI, 4-6PM**  
**WABASH SCHOOL SWIM MEET: TUE, FEB 3 & 24 (CLOSED 4PM-8PM)**



## 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	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	Closed	
8AM - 9AM	6L Lap Swim	6L Lap Swim	6L Lap Swim	6L Lap Swim	6L Lap Swim	3L Lap Swim 3L Open Swim	
9AM - 10AM	3L Aerobics 3L Lap Swim	3L Aerobics 3L Lap Swim	3L Aerobics 3L Lap Swim	6L Lap Swim	3L Aerobics 3L Lap Swim	3L Lap Swim 3L Open 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	3L Lap Swim 3L Open 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	3L Lap Swim 3L Open Swim	
12PM - 4PM	Closed	Closed	Closed	Closed	Closed	3L Lap Swim 3L Open Swim	3L Lap Swim 3L Open Swim
4PM - 6PM	1L Lap Swim 1L Lessons 4L HS Swim	1L Lap Swim 1L Lessons 4L HS Swim	1L Lap Swim 1L Lessons 4L HS Swim	1L Lap Swim 1L Lessons 4L HS Swim	2L Lap Swim 4L HS Swim	3L Lap Swim 3L Open Swim Close 5:30pm	3L Lap Swim 3L Open Swim Close 5:30pm
6PM - 7PM	2L Lap Swim 2L Open Swim 1L Lessons 1L DW Aerobics	3L Lap Swim 2L Open Swim 1L Lessons	2L Lap Swim 2L Open Swim 1L Lessons 1L DW Aerobics	3L Lap Swim 2L Open Swim 1L Lessons	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

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

**QUESTIONS? Email Aquatics Director, Daniel Hench, at [aquatics@wabashcountyyymca.org](mailto:aquatics@wabashcountyyymca.org)**





WABASH COUNTY YMCA

# AQUATICS PROGRAM INFO & POLICIES



## 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!



### 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.

## 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 14 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