



# WABASH COUNTY YMCA

# POOL SCHEDULE

## JANUARY 2026

WABASH HS SWIM TEAM USES 4 LANES MON-FRI, 4-6PM  
WABASH HS SWIM MEET: TUE 1/13/2026



### 6 LANE LAP POOL

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

### FAMILY POOL

|            |           |           |           |           |                           |                           |                           |
|------------|-----------|-----------|-----------|-----------|---------------------------|---------------------------|---------------------------|
| 5AM - 11AM | Closed    | Closed    | Closed    | Closed    | Closed                    | Closed                    |                           |
| 11AM - 2PM | Closed    | Closed    | Closed    | Closed    | Closed                    | Open Swim                 | Open 12pm<br>Open Swim    |
| 2PM - 4PM  | Closed    | Closed    | Closed    | Closed    | Closed                    | Open Swim                 | Open Swim                 |
| 4PM - 8PM  | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim<br>Close 7:30pm | Open Swim<br>Close 5:30pm | Open Swim<br>Close 5:30pm |

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