



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARCH 2018 POOL SCHEDULE

LA PORTE COUNTY FAMILY YMCA-LA PORTE BRANCH

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:30-7:00 AM All Lap Lanes	5:30-8:50 AM Laps/Walkers 4 Lap Lanes	5:30-7:30 AM All Lap Lanes	5:30-8:50 AM Laps/Walkers 4 Lap Lanes	5:30-7:30 AM All Lap Lanes	6:15-7:30 AM All Lap Lanes	10:15-12:00 All Lap Lanes
7:00-10:45 AM Pool Closed	9:00-11:30 AM Swim Lessons 2 Lap Lanes	9:00-9:45 AM Silver Splash Bill 1 Lap Lane	9:00-11:30 Swim Lessons 2 Lap Lanes	9:00-9:45 AM Silver Splash Bill 1 Lap Lane	7:45-8:45 AM Aqua Boot Camp Mary Jane 2 Lap Lanes	12:15-3:25 Open Swim 2 Lap Lanes
10:45-11:30 AM Silver Splash Bill 1 Lap Lane	11:30-3:45 PM Open Swim 3 Lap Lanes	9:45-10:45 AM Senior Stretch Mary Jane 3 Lap Lanes	11:30-12:30 Open Swim 3 Lap Lanes	9:50-10:50 AM Deep Water Aqua Tabata Cynthia 2 Lap Lanes	9:00-11:00 AM Swim Lessons No Lap Lanes	3:30 GUARD BREAK
11:30-3:50 PM Open Swim 3 Lap Lanes	4:00-5:20 PM Swim Lessons No Lap Lane	11:00-3:50 PM Open Swim 3 Lap Lanes	12:30-2:00 Pvt Class 2 Lap Lanes	10:00-12:00 PM Open Swim 3 Lap Lanes	11:00-3:25 PM Open Swim 3 Lap Lanes	3:35-4:45 PM Open Swim 2 Lap Lanes
4:00-5:20 PM Swim Lessons No Lap Lanes	5:25-6:25 PM Aqua Boot Camp Mary Jane 2 Lap Lanes	4:00-5:20 PM Swim Lessons No Lap Lane	2:00-3:45 PM Open Swim 3 Lap Lanes	12:00-1:00 PM PVT Class 2 Lap Lanes	3:35-4:45 PM Open Swim 2 Lap Lanes	5:00-7:30 PM Reserved for Group Rentals Call 325-9622 for more details.
5:30-9:45 PM Open Swim 2 Lap Lanes	6:30-7:30 PM Aqua Burn Mary 2 Lap Lanes	5:30-9:45 PM Open Swim 2 Lap Lanes	4:00-5:20 PM Swim Lessons No Lap Lanes	1:00-7:00 PM Open Swim 2 Lap Lanes	5:00-7:30 PM Reserved for Group Rentals. Call 325-9622 for more details.	
	7:35-9:45 PM Open Swim 2 Lap Lanes		5:25-6:25 PM Aqua Boot Camp Mary Jane 2 Lap Lanes	7:10-9:45 PM Family Swim 2 Lap Lanes		
			6:30-7:30 PM Aqua Burn Mary 2 Lap Lanes			
			7:35-9:45 PM Open Swim 2 Lap Lanes			

Mandatory Lifeguard Breaks

M/W: 7:30am, 11:50am, 3:00pm, 10:00pm
Tues/Thurs: 8:50am, 11:00am, 3:00pm, 6:25pm
Friday: 7:30am, 11:50am, 3:00pm, 7:00pm
Saturday: 7:30am, 11:00am, 3:30pm
Sunday: 12:00pm, 3:30 PM

CPR classes available
please check
www.lpymca.org for
scheduled times.

GO FOR GREEN!

Our Y safe-swim initiative, GO-FOR-GREEN is focused on keeping heads above water! Each swimmer entering the pool facility for the first time must take a short swim test to determine their skill level of RED or GREEN. Breakaway wrist bands will then be given to identify each swimmers skill level:

GREEN: Deep water safe swimmers who have no restrictions.
RED: Swimmers who are restricted to the shallow end only.
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Visit www.lpymca.org

La Porte County Family YMCA

La Porte Branch
901 Michigan Ave
La Porte IN, 46350
(219) 325-9622

Michigan City Branch
1202 Spring St., Door K
Michigan City, IN 46360
(219) 221-4055

Long Beach Branch
2501 Oriole Trail
Long Beach, IN 46360
(219) 879-1395

Andrew Ave. Outdoor Center
1400 Andrew Ave.
La Porte, IN 46350
(219) 325-9622

Childcare & Learning Center
2510 Monroe St.
La Porte, IN 46350
(219) 326-7646



Aqua Classes

Aqua Boot Camp (60 minutes) A fast paced workout with a mix of deep and shallow water exercises using the water bells, noodles and fast movement exercises. This class focuses on getting your heart rate up to achieve an excellent cardiovascular workout.

Aqua Burn (60 minutes) This program challenges everyone from basic to advanced fitness levels. It is a mix of deep-water and shallow water exercise with a combination of weights and noodles. If getting fit is what you really want to do, then here is your workout.

Deep Water Aqua Tabata (60 minutes) This is a HITT (High Intensity Interval Training) in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Suspension and weights are also used in this class (or not).

Senior Stretch (60 minutes) The buoyancy and resistance property of water can help decrease pain, stiffness, and help improve joint flexibility through stretching.

Silver Splash (45 minutes) A fitness class designed to enhance each individual's quality of life and daily function. Will help with agility, range of movement and cardiovascular conditioning. No swimming skills are necessary. Join us for fitness, fun and friendships.

POOL AREA RULES

LAPS: Swimmer must be 15-years-old or a member of the swim team in order to use lap lanes. Swimmer must be swimming "laps." Those under 15 must give up the lane when an adult is waiting to use the lane for lap swimming. All lap lane swimmers are to share the lanes and swim in a 'circular' pattern so that more than one swimmer can use the lane at a time. To "circle-swim" always swim along the right side of the lane so that you will go down on one side and return on the opposite side...thus a circular pattern.

WATER FITNESS/SWIM LESSONS: The pool is available only to those registered for the appropriate classes. Please see the front desk for lesson registration & water fitness class schedules.

OPEN SWIM & FAMILY SWIM

- Open swim is available to all YMCA members and any guests who wish to pay the guest fee.
- Swimmers must comply with all pool rules and pay attention to the lifeguards
- WEAR A SWIM SUIT.** No bra & T-shirt, underwear or gym shorts without liners allowed.
- You must **SHOWER** before entering the pool
- Children age 3 & under must be in a **SWIM DIAPER** to be in the pool. These are available at the front desk for purchase.
- No food, gum or glass bottles in pool area
- Everyone under the age of 18 must pass the YMCA swim test each visit in order to be in the deep end of the pool. Those who pass will be required to wear a wrist band.
- Coast Guard approved **LIFEJACKETS** are required for every child that is under 4 ½ feet tall and are unable to pass the YMCA swim test. These children are to stay in the shallow end of the pool and those under 8 years are to have a guardian over 18 in the water with them. Learn to swim flotation devices (bubbles/blocks) are allowed as long as child is within arms reach of parent/guardian at all times and parent is working with child in learning how to swim, otherwise child will be put into a lifejacket.
- Patrons may **NOT** bring their own pool toys, noodles, etc. Life jackets and puddle jumpers are permitted if Coast Guard approved.
. No flips, running jumps, or spinning jumps allowed.
- For your safety all children under the age of 8 must have an actively supervising adult in the pool with them.
Children ages 8-10 using pool during open swim or family swim must have supervising adult with them in building.

WHIRLPOOL

- NO ONE UNDER THE AGE OF 15 IS ALLOWED IN THE WHIRLPOOL AREA.
- Shower** before entering the whirlpool.
- Swimsuits must be worn...no shorts, T-shirt or underwear.
- Limit use to 15 minutes.**
- Submersion of the head is prohibited.
- Aerobic exercise in the whirlpool is prohibited.
- Whirlpool use is not recommended immediately after intense physical activity or after sauna use.
- If you have medical conditions such as heart disease, diabetes, high or low blood pressure, respiratory problems, or are pregnant, it is recommended that you DO NOT use the whirlpool.

SAUNA

- NO ONE UNDER THE AGE OF 18 IS ALLOWED IN THE SAUNA
- Sauna is a **DRY SAUNA. NO water** is allowed to be put on the electrical unit!
- Shirt, shorts or a swim suit must be worn in the sauna. No rubber sweat suits allowed.
- Limit use to 15 minutes.**
- PLEASE SHOWER AFTER SAUNA USE BEFORE ENTERING WHIRLPOOL OR POOL**
- Sauna use is not recommended immediately after intense physical activity or whirlpool use. If you have medical conditions such as heart disease, diabetes, high or low blood pressure, respiratory problems or pregnant, it is recommended that you DO NOT use the sauna.