



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY


# POOL SCHEDULE JANUARY 2018

## LA PORTE COUNTY FAMILY YMCA - MICHIGAN CITY ELSTON BRANCH

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00 am - 8:30 am 3 Lap Lanes	6:00 am - 9:00 am 3 Lap Lanes	6:00 am - 8:30 am 3 Lap Lanes	6:00 am - 9:00 am 3 Lap Lanes	6:00 am - 10:00 am 3 Lap Lanes	6:00 am - 10:00 am 3 Lap Lanes	All Day Pool Closed
8:30 am - 9:30 am Senior Stretch w/ Jackie 3 Lap Lanes	9:00 am - 10:00 am Senior Stretch w/ Roseanna 2 Lap Lanes	8:30 am - 9:30 am Senior Stretch w/Jackie 3 Lap Lanes	9:00 am - 10:00 am Senior Stretch w/ Roseanna 2 Lap Lanes	10:00 am - 3:00 pm Open Swim 3 Lap Lanes	9:00 am - 11:00 am Swim Lessons 1 lap lanes	
9:30 am - 10:30 am Swim Lessons 2 lap lanes	10:30 am - 11:15 am Aqua Tabata 3 Lap Lanes	9:30 am - 10:30 am Swim Lessons 2 lap lanes	10:30 am - 11:15 am Aqua Tabata 3 Lap Lanes	3:00pm - 5:00 pm HS Dive Prac. 1 Lap Lane Shallow End	11:00 am - 4:45 pm Open Swim 3 Lap Lanes	
10:30 am - 3:00 pm Open Swim 3 lap lanes	11:15 am - 3:00 pm Open Swim 3 Lap Lanes	10:30 am - 3:00 pm Open Swim 3 lap lanes	11:15 am - 3:00 pm Open Swim 3 Lap Lanes	5:00pm - 7:45pm Open Swim 3 Lap Lanes		
3:00pm - 4:00pm Open Swim Shallow End 1 Lap Lane	3:00pm - 5:00 pm HS Dive Prac. 1 Lap Lane Shallow End	3:00pm - 4:00pm Open Swim Shallow End 1 Lap Lane	3:00pm - 5:00 pm HS Dive Prac. 1 Lap Lane Shallow End			
3:00pm - 5:00pm HS Dive Prac. 1 lap lane	5:00pm - 7:45pm Open Swim 3 Lap Lanes	3:00pm - 5:00pm HS Dive Prac. 1 lap lane	5:00pm - 7:45pm Open Swim 3 Lap Lanes			
4:00pm - 5:30pm Swim lessons 1 lap lane	7:00 pm - 7:45pm Aqua Zumba Resumes 1/9	4:00pm - 5:30pm Swim lessons 1 lap lane	7:00 pm - 7:45pm Aqua Zumba Resumes 1/11			
5:00 pm - 7:00 pm Dive Club		5:00 pm - 7:00 pm Dive Club				
5:30 pm - 7:45 pm Open Swim 3 Lap Lanes		5:30 pm - 7:45 pm Open Swim 3 Lap Lanes				

**Alerts**  
Cancellations will be posted on our website, Facebook & Twitter pages.

**High School Dive Practice is Monday-Friday 3:00-5:00. Dive meet on January 4th, 9th, 16th and 24th. During this time we will have one lap lane open and the shallow end.**



**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 neck 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.**

**La Porte County Family YMCA**

La Porte Branch 901 Michigan Ave La Porte IN, 46350 (219) 325-9622	Michigan City Branch 1202 Spring Street Door K Michigan City, IN 46360 (219) 221-4055	Long Beach Branch 2501 Oriole Trail Long Beach, IN 46350 (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
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## Aqua Classes

**Senior Stretch** This water fitness class is designed to enhance each individual's quality of life and daily function. A variety of exercises utilizing the physical properties of water will help you increase agility, range of movement and cardiovascular conditioning. No swimming skills are necessary. Join in fitness, fun and friends!

**Aqua Tabata** An Aerobic Workout for all fitness levels. This program is full of fast paced intervals that will challenge your cardio abilities.

**Water Aerobics** An aerobic workout that challenges both beginner and advanced levels of fitness. This class will allow you to strengthen your whole body with the natural resistance of the water. The faster you move, push and pull, the greater the resistance will be in your workout. Get up early and make a splash!

**Aqua Zumba** Make a splash and join our "pool party!" Aqua Zumba is a challenging and effective water-based workout that integrates a mixture of body-sculpting movements and dance moves to maximize fat burning and total body toning. We encourage the whole family to participate but all children must be able to stand flat footed in the shallow end and the water must be no higher than their chest.

## 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 arm floaties are permitted if needed.
- Diving allowed in marked areas only. No flips, running jumps, or spinning jumps allowed.
- Children under the age of 11 years must have a parent in the building in order to be at open swim & those under 8 years must be accompanied by a guardian over 18 in the pool with them.
- Family swim: all children under 15 years must be accompanied with a parent/guardian who is 18 years or older to be in the pool. All rules apply to Family Swim as they do to Open Swim.

### **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.