



**Warm Therapy Pool  
YMCA of Vincennes  
September 4th - October 22nd**

2010 College Avenue, Vincennes  
(812) 895-9622  
Aquatics Director: Tiffany Petts  
tpetts@vincennesymca.org

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	<b>Lap Swim</b> Lifeguard On Duty 6am - 8am	<b>Lap Swim</b> Lifeguard On Duty 6am - 8am	<b>Lap Swim</b> Lifeguard On Duty 6am - 8am	<b>Lap Swim</b> Lifeguard On Duty 6am - 8am	<b>Lap Swim</b> Lifeguard On Duty 6am - 8am	<b>Lap Swim</b> Lifeguard On Duty 6am - 8am	
8am	<b>Lap Swim</b> Lifeguard On Duty 8am - 9am	<b>Lap Swim</b> Lifeguard On Duty 8am - 9am	<b>Lap Swim</b> Lifeguard On Duty 8am - 9am	<b>Lap Swim</b> Lifeguard On Duty 8am - 9am	<b>Lap Swim</b> Lifeguard On Duty 8am - 9am	<b>Lap Swim</b> Lifeguard On Duty 8am - 9am	
9am	<b>CLOSED</b> POOL CLOSED 9am - 11am	<b>CLOSED</b> POOL CLOSED 9am - 11am	<b>CLOSED</b> POOL CLOSED 9am - 11am	<b>CLOSED</b> POOL CLOSED 9am - 11am	<b>CLOSED</b> POOL CLOSED 9am - 11am	<b>Lap Swim</b> Lifeguard On Duty 9am - 10am	
10am	<b>CLOSED</b> POOL CLOSED 10am - 11am	<b>CLOSED</b> POOL CLOSED 10am - 11am	<b>CLOSED</b> POOL CLOSED 10am - 11am	<b>CLOSED</b> POOL CLOSED 10am - 11am	<b>CLOSED</b> POOL CLOSED 10am - 11am	<b>Lap Swim</b> Lifeguard On Duty 10am - 11am	
11am	<b>Lap Swim</b> Lifeguard On Duty 11am - 12pm	<b>Lap Swim</b> Lifeguard On Duty 11am - 12pm	<b>Lap Swim</b> Lifeguard On Duty 11am - 12pm	<b>Lap Swim</b> Lifeguard On Duty 11am - 12pm	<b>Lap Swim</b> Lifeguard On Duty 11am - 12pm	<b>Lap Swim</b> Lifeguard On Duty 11am - 12pm	
12pm	<b>Lap Swim</b> Lifeguard On Duty 12pm - 1pm	<b>Lap Swim</b> Lifeguard On Duty 12pm - 1pm	<b>Lap Swim</b> Lifeguard On Duty 12pm - 1pm	<b>Lap Swim</b> Lifeguard On Duty 12pm - 1pm	<b>Lap Swim</b> Lifeguard On Duty 12pm - 1pm	<b>Lap Swim</b> Lifeguard On Duty 12pm - 1pm	
1pm	<b>CLOSED</b> POOL CLOSED 1pm - 4pm	<b>CLOSED</b> POOL CLOSED 1pm - 4pm	<b>CLOSED</b> POOL CLOSED 1pm - 4pm	<b>CLOSED</b> POOL CLOSED 1pm - 4pm	<b>CLOSED</b> POOL CLOSED 1pm - 4pm	<b>2 Lane/Open Swim</b> Lifeguard On Duty 1pm - 3:45pm	<b>2 Lane/Open Swim</b> Lifeguard On Duty 1pm - 3:45pm
4pm	<b>Lap Swim</b> Lifeguard On Duty 4pm - 6:30pm	<b>Lap Swim</b> Lifeguard On Duty 4pm - 6:30pm	<b>Lap Swim</b> Lifeguard On Duty 4pm - 6:30pm	<b>Lap Swim</b> Lifeguard On Duty 4pm - 6:30pm	<b>Lap Swim</b> Lifeguard On Duty 4pm - 6:30pm		
6pm	<b>2 Lane Lap Swim/4 Lane VST</b> Lifeguard On Duty 6:30pm - 8:45pm	<b>2 Lane Lap Swim/4 Lane VST</b> Lifeguard On Duty 6:30pm - 8:45pm	<b>2 Lane Lap Swim/4 Lane VST</b> Lifeguard On Duty 6:30pm - 8:45pm	<b>2 Lane Lap Swim/4 Lane VST</b> Lifeguard On Duty 6:30pm - 8:45pm	<b>2 Lane Lap Swim/4 Lane VST</b> Lifeguard On Duty 6:30pm - 8:45pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

**2 Lane Lap Swim/4 Lane VST** - Lap swim available. Vincennes Swim Team Practice

**2 Lane/Open Swim** - 2 Lanes available for lap swim. Open swim available for all members.

**CLOSED** - Lap Pool is CLOSED during this time.

**Lap Swim** - Lap swim for members to swim laps for exercise. No diving board.

Children under the age of 12 must be accompanied by a 16-year old or older.

Multiple activities are often scheduled in this pool at the same time.



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	MON	TUE	WED	THU	FRI	SAT	SUN
<b>8am</b>	<b>Family Swim</b> Lifeguard On Duty 8am - 9am	<b>Family Swim</b> Lifeguard On Duty 8am - 9am	<b>Family Swim</b> Lifeguard On Duty 8am - 9am	<b>Family Swim</b> Lifeguard On Duty 8am - 9am	<b>Family Swim</b> Lifeguard On Duty 8am - 9am	<b>Family Swim</b> Lifeguard On Duty 8am - 9am	
<b>9am</b>	<b>Men's Aquacise</b> Ron Brown 9am - 9:30am	<b>Lessons</b> Tiffany Petts 9am - 9:30am	<b>Men's Aquacise</b> Ron Brown 9am - 9:30am	<b>Lessons</b> Tiffany Petts 9am - 9:30am	<b>Lessons</b> Tiffany Petts 9am - 9:30am	<b>Family Swim</b> Lifeguard On Duty 9am - 9:30am	
	<b>Men's Aquacise</b> Ron Brown 9am - 9:30am	<b>Lessons</b> Tiffany Petts 9:30am - 10am	<b>Lessons</b> Tiffany Petts 9:30am - 10am	<b>Lessons</b> Tiffany Petts 9:30am - 10am	<b>Lessons</b> Tiffany Petts 9:30am - 10am	<b>Family Swim</b> Lifeguard On Duty 9:30am - 10am	
<b>10am</b>	<b>Cardio Aquacise</b> Tiffany Petts 10am - 10:45am	<b>Arthritis Aquacise</b> Tiffany Petts 10am - 10:45am	<b>Cardio Aquacise</b> Tiffany Petts 10am - 10:45am	<b>Arthritis Aquacise</b> Tiffany Petts 10am - 10:45am	<b>Cardio Aquacise</b> Tiffany Petts 10am - 10:45am	<b>Lessons</b> Tiffany Petts 10am - 11am	
<b>11am</b>	<b>Family Swim</b> Lifeguard On Duty 11am - 1pm	<b>Family Swim</b> Lifeguard On Duty 11am - 1pm	<b>Family Swim</b> Lifeguard On Duty 11am - 1pm	<b>Family Swim</b> Lifeguard On Duty 11am - 1pm	<b>Family Swim</b> Lifeguard On Duty 11am - 1pm	<b>Family Swim</b> Lifeguard On Duty 11am - 3:45pm	
<b>1pm</b>	<b>Rental</b> POOL CLOSED 1pm - 3pm	<b>Rental</b> POOL CLOSED 1pm - 3pm	<b>Rental</b> POOL CLOSED 1pm - 3pm	<b>Rental</b> POOL CLOSED 1pm - 3pm	<b>Rental</b> POOL CLOSED 1pm - 3pm		<b>Family Swim</b> Lifeguard On Duty 1pm - 3:45pm
<b>3pm</b>	<b>CLOSED</b> POOL CLOSED 3pm - 4pm	<b>CLOSED</b> POOL CLOSED 3pm - 4pm	<b>CLOSED</b> POOL CLOSED 3pm - 4pm	<b>CLOSED</b> POOL CLOSED 3pm - 4pm	<b>CLOSED</b> POOL CLOSED 3pm - 4pm		
<b>4pm</b>	<b>Family Swim</b> Lifeguard On Duty 4pm - 5pm	<b>Family Swim</b> Lifeguard On Duty 4pm - 5pm	<b>Family Swim</b> Lifeguard On Duty 4pm - 5pm	<b>Family Swim</b> Lifeguard On Duty 4pm - 5pm	<b>Family Swim</b> Lifeguard On Duty 4pm - 5pm		
<b>5pm</b>	<b>Family Swim</b> Lifeguard On Duty 5pm - 6pm	<b>Cardio Aquacise</b> Tiffany Petts 5pm - 5:45pm	<b>Family Swim</b> Lifeguard On Duty 5pm - 6pm	<b>Cardio Aquacise</b> Tiffany Petts 5pm - 5:45pm	<b>Family Swim</b> Lifeguard On Duty 5pm - 6pm		
<b>6pm</b>	<b>Lessons</b> Tiffany Petts 6pm - 7pm	<b>Lessons</b> Tiffany Petts 6pm - 7pm	<b>Lessons</b> Tiffany Petts 6pm - 7pm	<b>Lessons</b> Tiffany Petts 6pm - 7pm	<b>Family Swim</b> Lifeguard On Duty 6pm - 7pm		
<b>7pm</b>	<b>Family Swim</b> Lifeguard On Duty 7pm - 8:45pm	<b>Family Swim</b> Lifeguard On Duty 7pm - 8:45pm	<b>Family Swim</b> Lifeguard On Duty 7pm - 8:45pm	<b>Family Swim</b> Lifeguard On Duty 7pm - 8:45pm	<b>Family Swim</b> Lifeguard On Duty 7pm - 8:45pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

**Arthritis Aquacise** - Shallow water fitness class to build endurance and flexibility without the stress on the joints.

**Cardio Aquacise** - Shallow water aerobic fitness class helps build cardiovascular endurance to improve your overall health.

**CLOSED** - Lap Pool is CLOSED during this time.

**Family Swim** - Open to children with a parent or guardian.

**Lessons** - Pool is closed for swim lessons.

**Men's Aquacise** - Just for men, this shallow water fitness class will help build strength and endurance while keeping stress off the joints.

**Rental** - Pool Rental Time

Multiple activities are often scheduled in this pool at the same time.

Children under the age of 12 must be accompanied by a 16-year old or older.

**Directions:** You will be asked to share a lane if needed. Please swim in a circle format.

**Speed:** Please try to choose a lane with swimmers that most nearly match your speed.