



Lap Pool Schedule  
 Lap Pool @ YMCA of Vincennes  
 September 8th - October 25th

2010 College Avenue  
 Vincennes, IN 47591  
 (812) 895-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Lap Swim 6am - 7am	Lap Swim 6am - 7am	Lap Swim 6am - 7am	Lap Swim 6am - 7am	Lap Swim 6am - 7am		
7am	Lap Swim 7am - 8am	Lap Swim 7am - 8am	Lap Swim 7am - 8am	Lap Swim 7am - 8am	Lap Swim 7am - 8am		
8am	Lap Swim 8am - 9am	Lap Swim 8am - 9am	Lap Swim 8am - 9am	Lap Swim 8am - 9am	Lap Swim 8am - 9am	Lap Swim 8am - 9am	
9am	POOL CLOSED 9am - 10am	POOL CLOSED 9am - 10am	POOL CLOSED 9am - 10am	POOL CLOSED 9am - 10am	POOL CLOSED 9am - 10am	2 Lane Lap Swim/4 Lane VST 9am - 10am	
10am	POOL CLOSED 10am - 11am	POOL CLOSED 10am - 11am	POOL CLOSED 10am - 11am	POOL CLOSED 10am - 11am	POOL CLOSED 10am - 11am	2 Lane Lap Swim/4 Lane VST 10am - 11am	
11am	Lap Swim 11am - 12pm	Lap Swim 11am - 12pm	Lap Swim 11am - 12pm	Lap Swim 11am - 12pm	Lap Swim 11am - 12pm	2 Lane Lap/Open Swim 11am - 12pm	
12pm	Lap Swim 12pm - 1pm	Lap Swim 12pm - 1pm	Lap Swim 12pm - 1pm	Lap Swim 12pm - 1pm	Lap Swim 12pm - 1pm	2 Lane Lap/Open Swim 12pm - 1pm	
1pm	POOL CLOSED 1pm - 4pm	POOL CLOSED 1pm - 4pm	POOL CLOSED 1pm - 4pm	POOL CLOSED 1pm - 4pm	POOL CLOSED 1pm - 4pm	2 Lane Lap/Open Swim 1pm - 2pm	2 Lane Lap/Open Swim 1pm - 2pm
2pm						2 Lane Lap/Open Swim 2pm - 3:45pm	2 Lane Lap/Open Swim 2pm - 3:45pm
4pm	Lap Swim 4pm - 6:30pm	Lap Swim 4pm - 6:30pm	Lap Swim 4pm - 6:30pm	Lap Swim 4pm - 6:30pm	Lap Swim 4pm - 6:30pm		
6pm	2 Lane Lap Swim/4 Lane VST 6:30pm - 7pm	2 Lane Lap Swim/4 Lane VST 6:30pm - 7pm	2 Lane Lap Swim/4 Lane VST 6:30pm - 7pm	2 Lane Lap Swim/4 Lane VST 6:30pm - 7pm	2 Lane VST / 4 Lane Lap Swim 6:30pm - 7pm		
7pm	2 Lane Lap Swim/4 Lane VST 7pm - 8pm	2 Lane Lap Swim/4 Lane VST 7pm - 8pm	2 Lane Lap Swim/4 Lane VST 7pm - 8pm	2 Lane Lap Swim/4 Lane VST 7pm - 8pm	2 Lane VST / 4 Lane Lap Swim 7pm - 8pm		
8pm	2 Lane Lap Swim/4 Lane VST 8pm - 8:30pm	2 Lane Lap Swim/4 Lane VST 8pm - 8:30pm	2 Lane Lap Swim/4 Lane VST 8pm - 8:30pm	2 Lane Lap Swim/4 Lane VST 8pm - 8:30pm	2 Lane VST / 4 Lane Lap Swim 8pm - 8:30pm		

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/Open Swim: 2 Lanes open for swimming laps.**  
**Max of 25 People in Lap Pool at a time.**  
**VST= VST Swim Team Practice.**  
**Open swim available for all members.**  
**Lap Swim: Lap Swim for members to swim laps for**  
**exercise. NO DIVING BOARD!**  
**Pool Closed: The Pool is Closed**



Warm Therapy Pool Schedule  
 Warm Therapy Pool @ YMCA of Vincennes  
 September 8th - October 25th

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 Vincennes, IN 47591  
 (812) 895-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
8am	Family Swim 8am - 9am	Family Swim 8am - 9am	Family Swim 8am - 9am	Family Swim 8am - 9am	Family Swim 8am - 9am	Family Swim 8am - 9am	
9am	Swim Lessons 9am - 10am	Swim Lessons 9am - 10am	Swim Lessons 9am - 10am	Swim Lessons 9am - 10am	Swim Lessons 9am - 10am	Family Swim 9am - 10am	
10am	Cardio Aquacise - Pool Schedule 10am - 10:45am	Arthritis Aquacise - Pool Schedule 10am - 10:45am	Cardio Aquacise - Pool Schedule 10am - 10:45am	Arthritis Aquacise - Pool Schedule 10am - 10:45am	Cardio Aquacise - Pool Schedule 10am - 10:45am	Family Swim 10am - 11am	
11am	Family Swim 11am - 1pm	Family Swim 11am - 1pm	Family Swim 11am - 1pm	Family Swim 11am - 1pm	Family Swim 11am - 1pm	Family Swim 11am - 1pm	
1pm	Rental 1pm - 3pm	Rental 1pm - 3pm	Rental 1pm - 3pm	Rental 1pm - 3pm	Rental 1pm - 3pm	Open Swim 1pm - 3:45pm	Open Swim 1pm - 3:45pm
4pm	Family Swim 4pm - 5pm	Family Swim 4pm - 5pm	Family Swim 4pm - 5pm	Family Swim 4pm - 5pm	Family Swim 4pm - 5pm		
5pm	Family Swim 5pm - 6pm	Cardio Aquacise - Pool Schedule 5pm - 5:45pm	Family Swim 5pm - 6pm	Cardio Aquacise - Pool Schedule 5pm - 5:45pm	Family Swim 5pm - 6pm		
6pm	Family Swim 6pm - 7pm	Family Swim 6pm - 7pm	Family Swim 6pm - 7pm	Family Swim 6pm - 7pm	Family Swim 6pm - 7pm		
7pm	Family Swim 7pm - 8pm	Family Swim 7pm - 8pm	Family Swim 7pm - 8pm	Family Swim 7pm - 8pm	Family Swim 7pm - 8pm		
8pm	Family Swim 8pm - 8:45pm	Family Swim 8pm - 8:45pm	Family Swim 8pm - 8:45pm	Family Swim 8pm - 8:45pm	Family Swim 8pm - 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:** A Shallow water fitness class to build endurance and flexibility without stress on the joints. Must Sign up for class thru YMCA Member App. Please see Aquatics Director for help with app.

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

**Family Swim:** Open to children with a parent or guardian. 12 members max in the Warm Therapy Pool.

**Rental:** Pool Rental Time

**Children under 6 years old must have a parent or guardian in the water with them.**