



Lap Pool /Warm Therapy Pool Schedule for the YMCA of Vincennes August 9 – September 5, 2021

***Note: Be Prepared to share lap lanes when needed. Children under 6 years old must have a parent or guardian in the water with them.**

| TIME | MON | TUE | WED | THUR | FRI | SAT | SUN |
|-------------|------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------|------------------------------------------------|-----|
| 6:00 AM | Lap Swim 6 am-7 am | Lap Swim 6 am-7 am | Lap Swim 6 am-7 am | Lap Swim 6 am-7 am | Lap Swim 6 am-7 am | | |
| 7:00 AM | Lap Swim 7 am-8 am | Lap Swim 7 am-8 am | Lap Swim 7 am-8 am | Lap Swim 7 am-8 am | Lap Swim 7 am-8 am | | |
| 8:00 AM | Lap Swim 8 am-9 am | Lap Swim 8 am-9 am | Lap Swim 8 am-9 am | Lap Swim 8 am-9 am | Lap Swim 8 am-9 am | Lap Swim 8 am-9 am | |
| 9:00 AM | POOL CLOSED | POOL CLOSED | POOL CLOSED | POOL CLOSED | POOL CLOSED | Lap Swim 9 am-10 am | |
| 10:00 AM | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Lap Swim 10-11am | |
| 11:00 AM | 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 | |
| 12:00 PM | 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- 12:45pm | |
| 1:00 PM | CLOSED 1pm-4pm | CLOSED 1pm-4pm | CLOSED 1pm-4pm | CLOSED 1pm-4pm | CLOSED 1pm-4pm | | |
| 2:00 PM | | | | | | | |
| 4:00 PM | Lap Swim 4:00pm- 6:30pm | Lap Swim 4pm-6:30pm | Lap Swim 4pm-6:30pm | Lap Swim 4:00pm- 6:30pm | Lap Swim 4pm-6:30pm | | |
| 6:00 PM | 2 Lane Lap Swim/Open Swim 6:30pm- 8:45pm | 2 Lane Lap Swim/Open Swim 6:30pm- 8:45pm | 4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm | 4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm | 2 Lane Lap Swim/Open Swim 6:30pm- 8:45pm | | |
| 7:00 PM | 2 Lane Lap Swim/Open Swim 6:30pm- 8:45pm | 2 Lane Lap Swim/Open Swim 6:30pm- 8:45pm | 4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm | 4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm | 2 Lane Lap Swim/Open Swim 6:30pm- 8:45pm | | |
| 8:00 PM | 2 Lane Lap Swim/Open Swim 6:30pm- 8:45pm | 2 Lane Lap Swim/Open Swim 6:30pm- 8:45pm | 4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm | 4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm | 2 Lane Lap Swim/Open Swim 6:30pm- 8:45pm | | |

*Please Note that all classes are subject to change due to demand and participation. Please use the YMCA Member App to schedule aquacise classes.

Warm Therapy Pool Schedule

| TIME | MON | TUE | WED | THUR | FRI | SAT | SUN |
|----------|----------------------------------------|-------------------------------------------|----------------------------------------|-------------------------------------------|----------------------------------------|----------------------------------|-----|
| 8:00 AM | Family Swim 8am-9am | Family Swim 8am-9am | Family Swim 8am-9am | Family Swim 8am-9am | Family Swim 8am-9am | Family Swim 8am-9am | |
| 9:00 AM | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Family Swim 9am-10am | |
| 10:00 AM | Cardio Aquacise 10am- 10:45am | Arthritis Aquacise 10am- 10:45am | Cardio Aquacise 10am- 10:45am | Arthritis Aquacise 10am- 10:45am | Cardio Aquacise 10am- 10:45am | Swim Lessons 10am- 11am | |
| 11:00 AM | Family Swim 11am-1pm | Family Swim 11am-1pm | Family Swim 11am-1pm | Family Swim 11am-1pm | Family Swim 11am-1pm | Family Swim 11am- 12:45pm | |
| 1:00 PM | Rental | Rental | Rental | Rental | Rental | | |
| 4:00 PM | Family Swim 4pm-5pm | Family Swim 4pm-5pm | Family Swim 4pm-5pm | Family Swim 4pm-5pm | Family Swim 4pm-5pm | | |
| 5:00 PM | Family Swim 5pm-6pm | Cardio Aquacise 5pm-5:45pm | Family Swim 5pm-6pm | Cardio Aquacise 5pm-5:45pm | Family Swim 5pm-6pm | | |
| 6:00 PM | Swim Lessons 6pm-7pm | Swim Lessons 6pm-7pm | Swim Lessons 6pm-7pm | Swim Lessons 6pm-7pm | Family Swim 6pm-7pm | | |
| 7:00 PM | Family Swim 7pm-8pm | Family Swim 7pm-8pm | Family Swim 7pm-8pm | Family Swim 7pm-8pm | Family Swim 7pm-8pm | | |
| 8:00 PM | 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 | | |

***Note: Be Prepared to share lap lanes when needed. Children under 6 years old must have a parent or guardian in the water with them.**

- 4 Lanes for VST/2 Lane Lap Swim = 4 Lanes open for VST / 2 Lanes open for lap swimming.
- Max of 18 individuals in the Warm Therapy Pool at a time.
- Open Swim = Available swim for all members
- Lap Swim = Lap swim for members to swim laps for exercise. **NO DIVING BOARD**
- Pool Closed = The Pool is Closed
- Rental = Pool Rental Time
- Family Swim = Open to children with a parent or guardian.
- Arthritis Aquacise: A shallow water fitness class to build endurance and flexibility without stress on joints. Must sign up for class with the YMCA Member App. Please see Aquatics Director Tiffany Petts for assistance.
- Cardio Aquacise: Shallow water aerobic fitness class that helps build cardiovascular endurance to improve your overall health.