



Lap Pool /Warm Therapy Pool Schedule for the YMCA of Vincennes May 26 – September 5, 2023

***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	Triathlon Swim 9 am-10	
10:00 AM	LESSONS	LESSONS	LESSONS	LESSONS	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 Swim/Open Swim 11 am- 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 Swim/Open Swim 12pm- 12:45pm	
1:00 PM	OPEN SWIM 1pm-4pm*	CLOSED	OPEN SWIM 1pm-4pm*	CLOSED	OPEN SWIM 1pm-4pm*	CLOSED	CLOSED
2:00 PM							
4:00 PM	Lap Swim 4:00pm- 5:30pm	Lap Swim 4:00pm- 5:30pm	Lap Swim 4:00pm- 5:30pm	Lap Swim 4:00pm- 5:30pm	Lap Swim 4:00pm- 5:30pm		
5:30 PM	Lap Swim 5:30pm- 6:30pm	Lap Swim 5:30pm- 6:30pm	Lap Swim 5:30pm- 6:30pm	Lap Swim 5:30pm- 6:30pm	Lap Swim 5:30pm- 5:45 pm		
6:30 PM To 8:30 PM	VST 4 LANES/2 Lap Swim 6:30pm- 8:30pm	Open Swim/ 2 Lane Lap Swim 6:30pm- 8:30pm	VST 4 LANES/2 Lap Swim 6:30pm- 8:30pm	Open Swim/ 2 Lane Lap Swim 6:30pm- 8:30pm	CLOSED		

*Please Note 1 to 4 pm Open Swim is only available during VCSC Summer Break

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	Aquacise 10am- 10:45am	Aquacise 10am- 10:45am	Aquacise 10am- 10:45am	Aquacise 10am- 10:45am	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	Aquacise 5pm-5:45pm	Family Swim 5pm-6pm	Aquacise 5pm-5:45pm	Family Swim 5pm-5:45 pm		
6:00 PM	Swim Lessons 6pm-7pm	Swim Lessons 6pm-7pm	Swim Lessons 6pm-7pm	Swim Lessons 6pm-7pm			
7:00 PM	Family Swim 7pm-8pm	Family Swim 7pm-8pm	Family Swim 7pm-8pm	Family Swim 7pm-8pm			
8:00 PM	Family Swim 8pm-8:30pm	Family Swim 8pm-8:30pm	Family Swim 8pm-8:30pm	Family Swim 8pm-8:30pm			

***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.**

- Open Swim = Available for all members. Diving board can be used
- 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.
- Triathlon Swim = Triathlon Training Pool Time for training, ends on June 10th.
- Aquacise: A shallow water fitness class to build endurance and flexibility without stress on joints.
- VST – Vincennes Swim Team
- 1-4 Open swim during the week is only available during VCSC summer break