



Lap Pool /Warm Therapy Pool Schedule for the YMCA of Vincennes September 4 – October 23, 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	4 Lane VST 2 Lane Lap Swim 9 am-10	
10:00 AM	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	4 Lane VST 2 Lane 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	Lap 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	POOL CLOSED 1pm-4pm	POOL CLOSED 1pm-4pm	POOL CLOSED 1pm-4pm	POOL CLOSED 1pm-4pm	POOL CLOSED 1pm-4pm	Lap Swim/Open Swim 1pm- 3:45pm	Lap Swim/Open Swim 1pm- 3:45pm
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- 6:30pm		
6:30 PM To 8:30 PM	4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm	4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm	4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm	4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm	4 Lane VST 2 Lane Lap Swim 6:30pm- 8:30pm		

*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	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	Family Swim 1pm- 3:45pm	Family Swim 1pm- 3:45pm
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-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.**

- Open Swim = Available for swimming for all members. Diving board can be open.
- 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.
- VST -Vincennes Swim Team – 2 Lanes open for members to lap swim.
- 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.