



Lap Pool /Warm Therapy Pool Schedule for the YMCA of Vincennes March 18 – May 24th, 2024

***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 9am - 10	
10:00 AM	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	4 Lane VST 2 Lane Lap Swim 10am - 11	
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 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 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	6 Lane Lap 4:00 pm – 5:45 pm	6 Lane Lap 4:00 pm – 5:45 pm	6 Lane Lap 4:00 pm – 5:45 pm	6 Lane Lap 4:00 pm – 5:45 pm	6 Lane Lap 4:00 pm – 5:45 pm		
5:45 PM To 6:30 PM	Lap Swim 5:45pm- 6:30pm	Lap Swim 5:45pm- 6:30pm	Lap Swim 5:45pm- 6:30pm	Lap Swim 5:45pm- 6:30pm	2 Lane Lap Open Swim 5:45 pm – 6:45pm		
6:30 PM To 8:30 PM	VST 4 LANES/2 Lap Swim 6:30pm- 8:30pm	VST 4 LANES/2 Lap Swim 6:30pm- 8:30pm	VST 4 LANES/2 Lap Swim 6:30pm- 8:30pm	VST 4 LANES/2 Lap Swim 6:30pm- 8:30pm	POOL CLOSED		

*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-5:45 pm		
6:00 PM	Swim Lessons 6pm-7pm	Swim Lessons 6pm-7pm	Swim Lessons 6pm-7pm	Swim Lessons 6pm-7pm	Family Swim 6pm- 6:45pm		
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-8:45pm	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 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.
- Aquacise: A shallow water fitness class to build endurance and flexibility without stress on joints.
- VST – Vincennes Swim Team – 2 Lanes open for members to lap swim. (Will resume April 15th)

The lifeguards job is to enforce all the pool rules to keep everyone safe. If you have an issue with the pool rules contact tpetts@vincennesymca.org

***Lifeguarding classes will take up half of the pool.**

- March 21-24
- April 11-14
- April 26-27
- May 2-5
- May 10-11
- May 16-19
- May 30-June 2