



**HRH YMCA LAP POOL SCHEDULE January 1 to January 31**

**Building hours 1/1/2021 7am-5pm**

**TO RESERVE POOL TIME, PLEASE DOWNLOAD THE "YMCA OF GREATER INDIANAPOLIS" APP**

**\*\*NO SWIM LESSONS JANUARY 2 and 3 THERE WILL BE 4 LANES\*\***

**Please practice Social Distancing while using the pool area.**

| MON   | TUE  | WED   | THURS  | FRI  | SAT   |
|---|--|---|--|--|---|
| PLAY & LEARN HRS:<br>8am-12pm, 4-8pm                                  | PLAY & LEARN HRS:<br>8am-12pm, 4-8pm                               | PLAY & LEARN HRS:<br>8am-12pm, 4-8pm                                  | PLAY & LEARN HRS:<br>8am-12pm, 4-8pm                               | PLAY & LEARN HRS:<br>8am-12pm                                      | PLAY & LEARN HRS:<br>8am-12pm                                       |
| 5-7:55am<br><b>Lap Swim</b><br>(4) Lap Lanes                          | 5-8:55am<br><b>Lap Swim</b><br>(4) Lap Lanes                       | 5-7:55am<br><b>Lap Swim</b><br>(4) Lap Lanes                          | 5-8:55am<br><b>Lap Swim</b><br>(4) Lap Lanes                       | 5-7:55am<br><b>Lap Swim</b><br>(4) Lap Lanes                       | 7-7:55am<br><b>Lap Swim</b><br>(4) Lap Lanes                        |
| 8-8:55am<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane    | 9-9:55am<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane | 8-8:55am<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane    | 9-9:55am<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane | 8-8:55am<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane | 8-8:55 am<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane |
| 9-9:55am<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane    | 10am-5:45 pm<br><b>Lap Swim</b><br>(4) Lap Lanes                   | 9-9:55am<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane    | 10am-8:45pm<br><b>Lap Swim</b><br>(4) Lap Lanes                    | 9-9:55am<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane | 9-11:20am<br><b>Swim Lessons**</b><br>(1) Lap Lanes                 |
| 10-10:45am<br><b>Aqua Zumba<br/>Aerobics/HIIT</b><br>(1) Lap Lane     |  | 10-10:45am<br><b>Aqua Zumba<br/>Aerobics/HIIT</b><br>(1) Lap Lane     |  | 10-10:45am<br><b>Aqua Zumba<br/>Aerobics/HIIT</b><br>(1) Lap Lane  | 11:30-12:00pm<br><b>Swim Lessons**</b><br>(2) Lap Lanes             |
| 11-11:55am<br><b>AOA</b><br>(1) Lap Lane                              |  | 11-11:55am<br><b>AOA</b><br>(1) Lap Lane                              |  | 11-11:55am<br><b>AOA</b><br>(1) Lap Lane                           | 12-6:45pm<br><b>Lap Swim</b><br>(4) Lap Lanes                       |
| 12-5:30pm<br><b>Lap Swim</b><br>(4) Lap Lanes                         |  | 12-5:30pm<br><b>Lap Swim</b><br>(4) Lap Lanes                         |  | 12-5:30pm<br><b>Lap Swim</b><br>(4) Lap Lanes                      | 10am-8:45pm<br><b>Lap Swim</b><br>(4) Lap Lanes                     |
| 5:30-6:25pm<br><b>Swim Lessons</b><br>(1) Lap Lanes                   | 5:45-7:00pm<br><b>Swim Lessons</b><br>(1) Lap Lane                 | 5:30-6:25pm<br><b>Swim Lessons</b><br>(1) Lap Lanes                   | 12-8:45pm<br><b>Lap Swim</b><br>(4) Lap Lanes                      | 12-8:45pm<br><b>Lap Swim</b><br>(4) Lap Lanes                      | 11am-3pm<br><b>Lap Swim</b><br>(4) Lap Lanes                        |
| 6:30-7:25pm<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane |  | 6:30-7:25pm<br><b>Shallow Water<br/>Aerobics/HIIT</b><br>(1) Lap Lane |  |  |   |
| 7:30-8:45pm<br><b>Lap Swim</b><br>(4) Lap Lanes                       | 7:45-8:45pm<br><b>Lap Swim</b><br>(4) Lap Lanes                    | 7:30-8:45pm<br><b>Lap Swim</b><br>(4) Lap Lanes                       | 3-5:45pm<br><b>Swim Lessons**</b><br>(1) Lap Lane                  | 3-5:45pm<br><b>Swim Lessons**</b><br>(1) Lap Lane                  | 3-5:45pm<br><b>Swim Lessons**</b><br>(1) Lap Lane                   |

**SUN**

PLAY & LEARN HRS:  
CLOSED



**HRH YMCA PROGRAM POOL SCHEDULE January 1 to January 31**

**Building hours 1/1/2021 7am-5pm**

**TO RESERVE POOL TIME, PLEASE DOWNLOAD THE "YMCA OF GREATER INDIANAPOLIS" APP**

**\*\*NO SWIM LESSONS JANUARY 2 AND 3 THE SWIM TIME WILL BE OPEN SWIM except when noted\*\***

**Please practice Social Distancing while using the pool area.**

Please review all codes of conduct and facility etiquette rules located in the pool area.

| MON  | TUE  | WED  | THURS                                 | FRI   | SAT  |
|--|--|--|---------------------------------------|---|--|
| PLAY & LEARN HRS:<br>8am-12pm, 4-8pm                         | PLAY & LEARN HRS:<br>8am-12pm, 4-8pm               | PLAY & LEARN HRS:<br>8am-12pm, 4-8pm                         | PLAY & LEARN HRS:<br>8am-12pm, 4-8pm  | PLAY & LEARN HRS:<br>8am-12pm                               | PLAY & LEARN HRS:<br>8am-12pm                                      |
| 8:30-9:30am<br><b>Water Walking</b>                          | 8:30-10:30am<br><b>Water Walking</b>               | 8:30-9:30am<br><b>Water Walking</b>                          | 8:30-10:30 am<br><b>Water Walking</b> | 8:30-10:30am<br><b>Water Walking</b>                        | 7-9:15 am<br><b>POOL CLOSED</b>                                    |
| 9:30-11:30am<br><b>Open Swim</b>                             |  | 9:30-11:30am<br><b>Open Swim</b>                             | 10-10:30 am<br><b>Swim Lessons</b>    |   | 9:15 - 11:55am<br><b>Swim Lessons**</b><br><i>CLOSED JANUARY 2</i> |
| <i>Share with Swim lessons 10-11am</i>                       | 10:30-11:30am<br><b>AOA</b>                        | <i>Share with Swim lessons 10-11am</i>                       | 10:30-11:30am<br><b>AOA</b>           | 10:30-11:30 am<br><b>Open Swim</b>                          | 12-6:45pm<br><b>Open Swim</b><br><i>Slide Open 1-3pm</i>           |
| 11:30-12pm<br><b>CLOSED</b>                                  | 11:30-12pm<br><b>CLOSED</b>                        | 11:30-12pm<br><b>CLOSED</b>                                  | 11:30-12pm<br><b>CLOSED</b>           | 11:30-12pm<br><b>CLOSED</b>                                 |  |
| 12-1pm<br><b>AOA</b>   | 12-1pm<br><b>Open Swim</b>                         | 12-1pm<br><b>AOA</b>   | 12-1pm<br><b>Open Swim</b>            | 12-1pm<br><b>AOA</b>  |  |
| 1-4pm<br><b>CLOSED</b>                                       | 1-4pm<br><b>CLOSED</b>                             | 1-4pm<br><b>CLOSED</b>                                       | 1-4pm<br><b>CLOSED</b>                | 1-4pm<br><b>CLOSED</b>                                      |  |
|  |  |  |                                       |   | SUN  |
| 4-5:30 pm<br><b>Open Swim</b>                                | 4-5:35pm<br><b>Open Swim</b>                       | 4-5:30 pm<br><b>Open Swim</b>                                | 4-6:25 pm<br><b>Open Swim</b>         | 4- 8:00 pm<br><b>Open Swim</b><br><i>Slide 5:00-7:00 pm</i> | PLAY & LEARN HRS:<br>CLOSED  |
| 5:00-6:30pm<br><b>Swim Lessons</b>                           | 5:40-6:30 pm<br><b>Swim Lessons</b>                | 5:00-6:30pm<br><b>Swim Lessons</b>                           |                                       |   | 11:30am-3pm<br><b>Open Swim</b><br><i>Slide Open 1-3pm</i>         |
| 6:15-8:45 pm<br><b>Open Swim</b><br><i>Slide 6:45-7:45pm</i> | 6:30-7:30pm<br><b>Shallow Water Aerobics/ HITT</b> | 5:45-8:45 pm<br><b>Open Swim</b><br><i>Slide 6:45-7:45pm</i> | 6:30-7:30pm<br><b>Shallow Water</b>   |   |  |
|  | 7:30-8:45 pm<br><b>Open Swim</b>                   |  | 7:30-8:45 pm<br><b>Open Swim</b>      |   | 3-5:45pm<br><b>Swim Lessons**</b>                                  |

**SCHEDULE CODE:**

**OPEN SWIM**

**PAID PROGRAMS \$**

**POOL CLOSED**

**WATER FITNESS**

\*Please review all the codes of conduct and facility etiquette rules located in the pool area. Anyone 10 and under must have an adult with them in the pool area at all times. Any non-swimmer must have an adult in the water with them at all times. Inflatable devices are prohibited. You must wear a coast guard approved device if you need flotation assistance. Proper swim attire must be worn in all bodies of water (basketball shorts, jeans, workout clothes, and leotards are prohibited). Everyone must shower before entering all the bodies of water.