



OrthoIndy Foundation YMCA Lap Pool Schedule July

On all days, the number of lap lanes may decrease or increase depending on the number of aquatic program participants.

We will keep (2) lanes open for lap swimming during high program usage times.

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

Schedule is subject to change.

MON	TUE	WED	THURS	FRI	SAT
PLAY & LEARN HRS: 8:00am-12:00pm 4:00-8:00pm	PLAY & LEARN HRS: 8:00am-12:00pm 4:00-8:00pm	PLAY & LEARN HRS: 8:00am-12:00pm 4:00-8:00pm	PLAY & LEARN HRS: 8:00am-12:00pm 4:00-8:00pm	PLAY & LEARN HRS: 8:00am-12:00pm	PLAY & LEARN HRS: 8:00am-12:00pm
5:15am-7:30pm Lap Swim 4 Open Lanes <u>LG Break: 6:30-7:00am</u>	5:15am-7:30pm Lap Swim 4 Open Lanes <u>LG Break: 6:30-7:00am</u>	5:15am-7:30pm Lap Swim 4 Open Lanes <u>LG Break: 6:40-7:00am</u>	5:15am-7:30pm Lap Swim 4 Open Lanes <u>LG Break: 6:40-7:00am</u>	5:15am-7:30pm Lap Swim 4 Open Lanes <u>LG Break: 6:40-7:00am</u>	7:15am-6:30pm Lap Swim 4 Open Lanes
					SUN PLAY & LEARN HRS: CLOSED
6:00-7:00pm Swim Lessons Only (\$) 3 Open Lap Lanes	6:00-7:00pm Swim Lessons Only (\$) 3 Open Lap Lanes	6:00-7:00pm Swim Lessons Only (\$) 3 Open Lap Lanes	6:00-7:00pm Swim Lessons Only (\$) 3 Open Lap Lanes		12:15-5:30pm Lap Swim 4 Open Lanes
7:00-7:30pm Lap Swim 4 Open Lanes	7:00-7:30pm Lap Swim 4 Open Lanes	7:00-7:30pm Lap Swim 4 Open Lanes	7:00-7:30pm Lap Swim 4 Open Lanes		



OrthoIndy Foundation YMCA Program Pool Schedule July

Classes marked with a "\$" are pre-registered, paid classes. See the Program Guide or visit Member Services for pricing information.

The Program Pool will be closed to swimmers not participating in a scheduled class & swim lessons.

Lifeguards will clear the pool prior to classes.

Schedule is subject to change.

MON	TUE	WED	THURS	FRI	SAT
PLAY & LEARN HRS: 8:00am-12:00pm 4:00-8:00pm	PLAY & LEARN HRS: 8:00am-12:00pm 4:00-8:00pm	PLAY & LEARN HRS: 8:00am-12:00pm 4:00-8:00pm	PLAY & LEARN HRS: 8:00am-12:00pm 4:00-8:00pm	PLAY & LEARN HRS: 8:00am-12:00pm	PLAY & LEARN HRS: 8:00am-12:00pm
5:15-9:30am Water Walking Only <u>LG Break: 6:30-7:00am</u>	5:15-9:30am Water Walking Only <u>LG Break: 6:30-7:00am</u>	5:15-9:30am Water Walking Only <u>LG Break: 6:30-7:00am</u>	5:15-9:30am Water Walking Only <u>LG Break: 6:30-7:00am</u>	5:15-9:30am Water Walking Only <u>LG Break: 6:30-7:00am</u>	7:15-9:15am Water Walking Only
9:30am-12:30pm Family Open Swim	9:30am-12:30pm Family Open Swim	9:30am-12:30pm Family Open Swim	9:30am-12:30pm Family Open Swim	9:30am-12:30pm Family Open Swim	9:15am-12:00pm Swim Lessons Only (\$)
1:00-3:00pm Camp Swim Only	1:00-3:00pm Camp Swim Only	1:00-3:00pm Camp Swim Only	1:00-3:00pm Camp Swim Only	1:00-3:00pm Water Walking Only	12:00-6:30pm Family Open Swim
3:00-4:00pm Family Open Swim	3:00-4:00pm Family Open Swim	3:00-4:00pm Family Open Swim	3:00-4:00pm Family Open Swim		
4:30-6:00pm Swim Lessons Only (\$)	4:30-6:30pm Swim Lessons Only (\$)	4:30-6:00pm Swim Lessons Only (\$)	4:30-6:30pm Swim Lessons Only (\$)		
6:00-6:30pm Aqua Tabata		6:00-6:30pm Aqua Tabata			
6:30-7:30pm Shallow Water Fitness	6:30-7:30pm Aqua Bootcamp	6:30-7:30pm Shallow Water Fitness	6:30-7:30pm Legs for Days	3:00-7:30pm Family Open Swim	12:15-5:30pm Family Open Swim

SUN
PLAY & LEARN HRS:
CLOSED

SCHEDULE CODE:

OPEN SWIM

PAID PROGRAMS \$

POOL CLOSED

WATER FITNESS

*Review all codes of conduct & facility etiquette rules located around the pool deck.
 *Children under 11 must have adult supervision & be within arm's reach of that adult at all times. Unless they pass the swim test, parents will be on deck supervising
 *Inflatable devices are prohibited. You must wear a coast guard approved flotation device.
 *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 the pool.