



LAP POOL SCHEDULE MARCH 2021 WITHAM FAMILY YMCA

Exercising three times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

MON	TUE	WED	THUR	FRI	SAT
PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm	PLAY & LEARN: 9am-12pm
5:15-10am Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	5:15-10am Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	5:15-10am Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	5:15-10am Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	5:15-10am Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	7:15am-12am Lap Swim (2 Lanes) Max 2/ Lane 7:15-9am Open Swim (2 Lanes)
10-10:15am POOL CLOSED	10-10:15am POOL CLOSED	10-10:15am POOL CLOSED	10-10:15am POOL CLOSED	10-10:15am POOL CLOSED	9am-12pm Swim Lessons \$ (2 Lanes)
10:15am-12pm Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane 11am-12pm Preschool Swim	10:15am-12pm Lap Swim (2 Lanes) Max 2/Lane 10:15am-12pm Homeschool Swim (2 Lanes)	10:15am-12pm Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane 11am-12pm Preschool Swim	10:15am-12pm Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	10:15am-12pm Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane 11am-12pm Preschool Swim	12-12:15pm POOL CLOSED 12:15pm-3pm Lap Swim (2 Lanes) Max 2/Lane Open Swim (2 Lanes)
12-12:15pm POOL CLOSED	12-12:15pm POOL CLOSED	12pm-12:15pm POOL CLOSED	12-12:15pm POOL CLOSED	12-12:15pm POOL CLOSED	3-3:15pm POOL CLOSED
12:15pm-2pm Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	12:15pm-2pm Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	12:15pm-2pm Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	12:15pm-2pm Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	12:15pm-2pm Lap Swim (2 Lanes) Open Swim (2 Lanes) Max 2/Lane	3-6:30pm Lap Swim (2 Lanes) Max 2/Lane Open Swim (2 Lanes)
2-4pm POOL CLOSED	2-4pm POOL CLOSED	2-4pm POOL CLOSED	2-4pm POOL CLOSED	2-4pm POOL CLOSED	SUN
4-7:30pm Lap Swim (2 Lanes) Max 2/Lane 4-6:15pm Open Swim (2 Lanes)	4-7:30pm Lap Swim (2 Lanes) Max 2/Lane 4-6:15pm Open Swim (2 Lanes)	4-7:30pm Lap Swim (2 Lanes) Max 2/Lane 4-6:15pm Open Swim (2 Lanes)	4-7:30pm Lap Swim (2 Lanes) Max 2/Lane 4-7:30pm Swim Lessons \$ (2 Lanes)	4-7:30pm Lap Swim (2 Lanes) Max 2/Lane Open Swim (2 Lanes)	PLAY & LEARN: 11:15am-1:45pm Lap Swim (2 Lanes) Max 2/Lane Open Swim (2 Lanes)
6:30-7:30pm Shallow Water Fitness (2 Lanes) Max 10 People	6:30-7:30pm Shallow Water Fitness (2 Lanes) Max 10 People	6:30-7:30pm Shallow Water Fitness (2 Lanes) Max 10 People	6:30-7:30pm Shallow Water Fitness (2 Lanes) Max 10 People		1:45pm-2pm POOL CLOSED
					2-5:30pm Lap Swim (2 Lanes) Max 2/Lane Open Swim (2 Lanes)

**SCHEDULE
CODE:**

LAP
SWIM

PAID
PROGRAMS \$

POOL
CLOSED

WATER
FITNESS

Please Note: At this time, lap lanes are available with a maximum of 2 lap swimmers per lane. Lap lanes and Water Fitness must be reserved on the YMCA of Greater Indianapolis app.

The schedule is subject to change without notice. Thank you for your understanding.



THERAPY POOL SCHEDULE MARCH 2021 WITHAM FAMILY YMCA

Exercising three times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

MON	TUE	WED	THUR	FRI	SAT
PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm	PLAY & LEARN: 9am-12pm
5:15-9am POOL CLOSED	5:15-9am POOL CLOSED	5:15-9am POOL CLOSED	5:15-9am POOL CLOSED	5:15-9am POOL CLOSED	7am-9am POOL CLOSED
9-10am Shallow Water Fitness Max 10 People	9-10am Shallow Water Fitness Max 10 People	9-10am Shallow Water Fitness Max 10 People	9-10am Shallow Water Fitness Max 10 People	9-10am Shallow Water Fitness Max 10 People	9-10:15am Shallow Water Fitness Max 10 People
10-11am Shallow Water Fitness Max 10 People	10-11am Shallow Water Fitness Max 10 People	10-11am Shallow Water Fitness Max 10 People	10-11am Shallow Water Fitness Max 10 People	10-11am Shallow Water Fitness Max 10 People	10:15am-12pm Swim Lessons \$
11-12pm Shallow Water Fitness Max 10 People	11am-5pm POOL CLOSED	11-12pm Shallow Water Fitness Max 10 People	11am-5pm POOL CLOSED	11-12pm Shallow Water Fitness Max 10 People	12-7pm POOL CLOSED
12pm-5pm POOL CLOSED	11am-5pm POOL CLOSED	12-5pm POOL CLOSED	11am-5pm POOL CLOSED	12pm-9pm POOL CLOSED	SUN
5-7pm Open Swim	5-7pm Swim Lessons \$	5-7pm Open Swim	5-7pm Swim Lessons \$	12pm-9pm POOL CLOSED	PLAY & LEARN: CLOSED
7-8pm POOL CLOSED	7-8pm POOL CLOSED	7-8pm POOL CLOSED	7-8pm POOL CLOSED	12-2pm Open Swim	11am-12pm POOL CLOSED
7-8pm POOL CLOSED	7-8pm POOL CLOSED	7-8pm POOL CLOSED	7-8pm POOL CLOSED	2-6pm POOL CLOSED	2-6pm POOL CLOSED

POOL SAFETY REQUIREMENTS:

- Participants must reserve a spot to Water Fitness classes through the YMCA of Greater Indianapolis App. There is a limited number of spaces in each class to promote social distancing.
- Must be 11 years or older to attend Water Fitness classes or approval from the water fitness instructor prior to class starting.

SEVERE WEATHER PROCEDURES FOR LIGHTNING: The entire pool area must remain closed and locked until 30 minutes after the last sighting of severe lightning in the direct vicinity and in the event of a Tornado Warning.

Please review all pool policies and rules located in the pool area before entering.