

YAQUATICS™

INSTRUCTIONAL POOL

The pool is closed during classes (including swim lessons).
The one lap lane is always available unless noted.

Aquatic Center Schedule



**YMCA of
SOUTHERN INDIANA**

® Clark County Branch

Effective: June 21, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Intervals 5:45 a.m.-6:30 a.m.	Aqua Fit Plus 5:45 a.m.-6:30 a.m.	Aqua Intervals 5:45 a.m.-6:30 a.m.	Aqua Fit Plus 5:45 a.m.-6:30 a.m.	Aqua Intervals 5:45 a.m.-6:30 a.m.	CLOSED	CLOSED
Aqua Fit 7:00 a.m.-7:50 a.m.	Aqua Fit 7:00 a.m.-7:50 a.m.	Aqua Fit 7:00 a.m.-7:50 a.m.	Aqua Fit 7:00 a.m.-7:50 a.m.	Aqua Fit 7:00 a.m.-7:50 a.m.		
Aqua Fit Plus 8:00 a.m.-8:50 a.m.	Aqua Fit 8:00 a.m.-8:50 a.m.	Aqua Fit Plus 8:00 a.m.-8:50 a.m.	Aqua Fit 8:00 a.m.-8:50 a.m.	Aqua Fit Plus 8:00 a.m.-8:50 a.m.	Aqua Fit Plus 8:10 a.m.-9:00 a.m.	Aqua Jog 8:10 a.m.-9:10 a.m.
Adult Swim Lessons 9:00 a.m.-9:45 a.m.	Open Swim 9:00 a.m.-9:55 a.m.	Adult Swim Lessons 9:00 a.m.-9:45 a.m.	Open Swim 9:00 a.m.-9:55 a.m.	Open Swim 9:00 a.m.-9:55 a.m.	Teen/Adult Swim Lessons 9:00 a.m.-9:45 a.m. (one lap lane available)	Open Swim 9:15 a.m.-12:55 p.m.
Aqua Fit Plus 10:00 a.m.-10:50 a.m.	Aqua Fit 10:00 a.m.-10:50 a.m.	Aqua Fit Plus 10:00 a.m.-10:50 a.m.	Aqua Fit 10:00 a.m.-10:50 a.m.	Aqua Fit Plus 10:00 a.m.-10:50 a.m.	Aqua Fit 9:05 a.m.-9:55 a.m.	
Youth Swim Lessons 11:00 a.m.-11:45 a.m.	Youth Swim Lessons 11:00 a.m.-11:45 a.m.	Youth Swim Lessons 11:00 a.m.-11:45 a.m.	Youth Swim Lessons 11:00 a.m.-11:45 a.m.	Open Swim 11:00 a.m.-8:55 p.m.	Youth Swim Lessons 10:00 a.m.-10:45 a.m.	
Open Swim 12:00 p.m.-2:00 p.m.	Open Swim 12:00 p.m.-2:00 p.m.	Open Swim 12:00 p.m.-2:00 p.m.	Open Swim 12:00 p.m.-2:00 p.m.		Open Swim 11:00 a.m.-5:55 p.m.	Youth Swim Lessons 1:00 p.m.-1:45 p.m.
Youth Swim Lessons 2:00 p.m.-2:45 p.m.	Youth Swim Lessons 2:00 p.m.-2:45 p.m.	Youth Swim Lessons 2:00 p.m.-2:45 p.m.	Youth Swim Lessons 2:00 p.m.-2:45 p.m.			Open Swim 2:00 p.m.-5:55 p.m.
Open Swim 3:00 p.m.-5:00 p.m.	Youth Swim Lessons 3:00 p.m.-3:45 p.m.	Open Swim 3:00 p.m.-5:00 p.m.	Youth Swim Lessons 3:00 p.m.-3:45 p.m.			
	Open Swim 4:00 p.m.-5:00 p.m.		Open Swim 4:00 p.m.-5:00 p.m.			
Aqua Travel 5:00 p.m.-5:50 p.m.	Aqua Intervals 5:00 p.m.-5:50 p.m.	Aqua Travel 5:00 p.m.-5:50 p.m.	Aqua Fit Plus 5:00 p.m.-5:50 p.m.			
Youth Swim Lessons 6:00 p.m.-6:45 p.m.	Youth Swim Lessons 6:00 p.m.-6:45 p.m.	Youth Swim Lessons 6:00 p.m.-6:45 p.m.	Youth Swim Lessons 6:00 p.m.-6:45 p.m.			
Aqua Fit Plus 7:00 p.m.-7:50 p.m.	Aqua Kick 7:00 p.m.-7:50 p.m.	Aqua Fit Plus 7:00 p.m.-7:50 p.m.	Aqua Kick 7:00 p.m.-7:50 p.m.			
Open Swim 8:00 p.m.-8:55 p.m.	Open Swim 8:00 p.m.-8:55 p.m.	Open Swim 8:00 p.m.-8:55 p.m.	Open Swim 8:00 p.m.-8:55 p.m.			

Therapy Pool

Therapy pool is restricted to ages 14 and over during open adult swim.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tai Chi 8:00 a.m.-8:50 a.m.	Open Swim 8:00 a.m.-8:50 a.m.	Tai Chi 8:00 a.m.-8:50 a.m.	Open Swim 8:00 a.m.-8:50 a.m.	Tai Chi 8:00 a.m.-8:50 a.m.	Open Swim 8:00 a.m.-8:50 a.m.	Open Adult Swim 8:00 a.m.-12:55 p.m.
Silver Splash 9:00 a.m.-9:50 a.m.	Arthritis 9:00 a.m.-9:50 a.m.	Silver Splash 9:00 a.m.-9:50 a.m.	Arthritis 9:00 a.m.-9:50 a.m.	Silver Splash 9:00 a.m.-9:50 a.m.	Adaptive Swim Lessons 9:15 a.m.-9:45 a.m.	
Super Tots Lessons 10:00 a.m.-10:30 a.m.	Parent/Child Lessons 10:00 a.m.-10:30 a.m.	Super Tots Lessons 10:00 a.m.-10:30 a.m.	Parent/Child Lessons 10:00 a.m.-10:30 a.m.	Open Swim 10:00 a.m.-11:55 a.m.	Preschool Swim Lessons 10:00 a.m.-10:45 a.m.	
Preschool Lessons 11:00 a.m.-11:45 a.m.	Preschool Lessons 11:00 a.m.-11:45 a.m.	Preschool Lessons 11:00 a.m.-11:45 a.m.	Preschool Lessons 11:00 a.m.-11:45 a.m.		Open Swim 11:00 a.m.-11:55 a.m.	
Water Pilates 12:00 p.m.-12:50 p.m.	Open Swim 12:00 a.m.-2:00 p.m.	Water Pilates 12:00 p.m.-12:50 p.m.	Open Swim 12:00 a.m.-2:00 p.m.	Water Pilates 12:00 p.m.-12:50 p.m.	Parent/Child Swim Lessons 12:00p.m.-12:30 p.m.	
Open Swim 1:00 p.m.-2:00 p.m.		Open Swim 1:00 p.m.-2:00 p.m.		Open Swim/Jet Time 1:00 p.m.-4:55 p.m.	Super Tots Lessons 12:40 p.m.-1:10 p.m.	Preschool Swim Lessons 1:00 p.m.-1:45 p.m.
Preschool Lessons 2:00 p.m.-2:45 p.m.	Preschool Lessons 2:00 p.m.-2:45 p.m.	Preschool Lessons 2:00 p.m.-2:45 p.m.	Preschool Lessons 2:00 p.m.-2:45 p.m.		Open Swim 1:10 p.m.-5:55 p.m.	Open Swim 2:00 p.m.-5:55 p.m.
Open Swim 3:00 p.m.-4:00 p.m.	Preschool Lessons 3:00 p.m.-3:45 p.m.	Open Swim 3:00 p.m.-4:00 p.m.	Preschool Lessons 3:00 p.m.-3:45 p.m.			
Parent/Child Swim Lessons 4:00 p.m.-4:30 p.m.	Water Power 4:00 p.m.-4:50 p.m.	Parent/Child Swim Lessons 4:00 p.m.-4:30 p.m.	Water Power 4:00 p.m.-4:50 p.m.			
AOA 5:00 p.m.-5:50 p.m.	Low Impact 5:00 p.m.-5:50 p.m.	AOA 5:00 p.m.-5:50 p.m.	Low Impact 5:00 p.m.-5:50 p.m.	AOA 5:00 p.m.-5:50 p.m.		
Preschool Swim Lessons 6:00 p.m.-6:45 p.m.	Preschool Swim Lessons 6:00 p.m.-6:45 p.m.	Preschool Swim Lessons 6:00 p.m.-6:45 p.m.	Preschool Swim Lessons 6:00 p.m.-6:45 p.m.	Open Adult Swim 6:00 p.m.-8:55 p.m.		
Open Swim 7:00 p.m.-8:55 p.m.	Open Swim 7:00 p.m.-8:55 p.m.	Open Swim 7:00 p.m.-8:55 p.m.	Open Swim 7:00 p.m.-8:55 p.m.			

Family Fun Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open 10:00 a.m.-1:00 p.m. 4:00 p.m.-8:00 p.m.	Open 10:00 a.m.-8:00 p.m.	Open 10:00 a.m.-1:00 p.m. 4:00 p.m.-8:00 p.m.	Open 10:00 a.m.-8:00 p.m.	Open 10:00 a.m.-8:00 p.m.	Open 10:00 a.m.-4:00 p.m.	Open 10:00 a.m.-6:00 p.m.



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(812) 283-YMCA

All group exercise programs are free to YMCA members. Please stop by the front desk for a description of each and a list of the fees for our Swim Lesson.