POOL SCHEDULE

ASCENSION ST. VINCENT YMCA NOVEMBER 22ND–NOVEMBER 28TH

Sunday 11-22

Time	Activity	Lanes
12:00pm-2:00pm	Lap Swim	1-6
2:00pm-3:00pm	Lap Swim/HydroRider	4-6
3:00pm-5:00pm	Open/Lap swim	4-6

Monday

Time	Activity	Lanes
5:00am-7:55am	Lap Swim	1-6
8:00-10:55 am	Water Fitness	
11:00-2:00pm	Lap Swim	1-6
2:05-2:55pm	Arthritis	
3:00-7:00pm	Open/Lap swim	1-3

Tuesday

Time	Activity	Lanes
5:00-6:00am	Lap Swim	1-6
6:15-7:00am	Lap Swim/HydroRider	4-6
7:15-9:00am	Lap Swim	1-6
9:00-12:00pm	Open/Lap Swim	1-3
12:00-1:00pm	Lap Swim	1-6
04:00-6:00pm	Open/lap swim	1-3
6:00-7:00pm	Water Fitness	

Wednesday

Time	Activity	Lap Lanes
5:00am-7:55am	Lap Swim	1-6
8:00-10:55 am	Water Fitness	
11:00-12:00pm	Lap Swim	1-6
12:00-1:00pm	Lap Swim/HydroRider	4-6
1:00-2:00pm	Lap Swim	1-6
2:05-2:55pm	Arthritis	
03:00-7:00pm	Open/Lap swim	1-3

Thursday

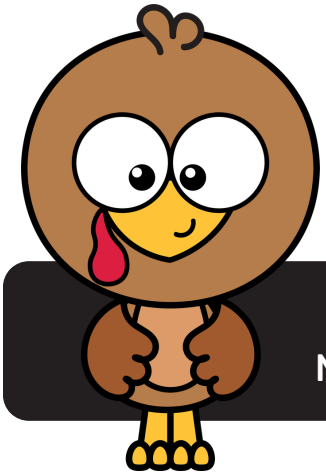
Happy Thanksgiving!

Friday

Time	Activity	Lanes
5:00am-7:55am	Lap Swim	1-6
8:00-10:55 am	Open/Lap swim	4-6
11:00-2:00pm	Lap Swim	1-6
2:00-7:00pm	Open/Lap swim	4-6

Saturday

Time	Activity	Lanes
6:00am-8:00am	Lap Swim	1-6
8:00am-9:00am	Lap Swim/HydroRider	4-6
9:00am-12:00am	Lap Swim	1-6
12:00-3:00pm	Open/Lap swim	4-6



No Water Fitness on Black Friday

Normal Schedule Returns Saturday November 28th

Reserve your 1/2 lap lane on our mobile app or at the front desk.

The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.

the YMCA WATER FITNESS

WATER FITNESS SCHEDULE FALL 2026

Shallow Water Fitness Classes

Ages 14 and older

Aqua Dance:
M, W, F 8:05-8:50am
A dance party set to music in shallow water! Participants will work on aerobic endurance, muscular resistance, flexibility and joint mobility, while grooving to awesome music.

Aqua Challenge:
M, W, F 8:55-9:40am
Cardio, strength, balance, and flexibility while exploring the many ways to use the shallow water for your own best workout! You will be introduced to many variations of water fitness throughout this session.

Water Wellness:
M, W, F 9:45-10:30am
Low impact class, great for strengthening, toning, and stretching improving full range of motion. Designed to improve joint pain with fun shallow water moves for all abilities.

Arthritis Foundation Aquatics: Arthritis Foundation
M, W, F 2:05-2:50pm
Follows guidelines from the Arthritis Foundation. Exercises improve agility, flexibility, and cardiovascular stamina. Helps improve joint mobility and relieves discomfort from arthritis and related conditions.

Hydrorider Cycling Classes

T, W, S, Sun Multiple
In-water cycling bikes perfect for any skill level. Combine cardio and lower body conditioning of spin classes, with the resistance of water in a low impact environment.

Hydro Burst
T,Th 6:10-06:55pm
In water cycling workout with off-bike intervals to help increase your heart rate while building strength and endurance.

Deep Water Fitness Classes

Ages 14 and older. Buoyancy belts available. Need to feel comfortable in deep water.

Deep Fit Head to Toe

M, W, F 8:05-8:50am
Incorporates movement of every quadrant of your body, combining cardio movement, isolations, stretching, and FUN! Flotation belts help focus on body movement. Workouts will vary with the integration of noodles, boards and water dumbbells.

Deep Water Tabata

M, W, F 8:55-9:40am
High-Intensity Interval Training protocol. 30-second intervals of higher intensity movement followed by 10 seconds of recovery movement. Class will address both joint & muscle movement, breathing, and stretching.

Deep Water Dynamics

T,Th 6:10-06:55pm
Strengthen abdominal, thighs, and back muscles. Resistance of water will work your heart while avoiding impact. Great for cross-training!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Hyrdo		Hydro			
8:05am	Aqua Dance & Deep Fit		Aqua Dance & Deep Fit		Aqua Dance & Deep Fit	8:15am Hydro	
8:55am	Aqua Challenge & Deep Tabata		Aqua Challenge & Deep Tabata		Aqua Challenge & Deep Tabata		
9:45am	Water Wellness		Water Wellness		Water Wellness		
12:00pm			Hydro				
2:00pm	Arthritis		Arthritis		Arthritis		2:15pm Hydro
6:10pm		Hydro-Burst		Hydro-Burst Self Guided			
6:15pm		Deep Dynamics		Deep Dynamics			