



DUNIGAN POOL



SCHEDULE MARCH 29TH THROUGH MAY 24TH

Monday

Time	Main Pool	Lap Lanes
5:00am-8:00am	Open Swim	Lap Swim
8:05am-12:00pm	Water Workout	Water Fitness
12:00pm-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-4:30pm	Open Swim	Lap Swim
4:30pm-7:00pm	Swim Lessons	POOL CLOSED

Tuesday

Time	Main Pool	Lap Lanes
5:00am-6:00am	Open Swim	Lap Swim
6:00am-7:00am	Water Fitness	Lap Swim
7:00am-9:00am	Open Swim	Lap Swim
9:05am-11:00am	Water Workout	Water Fitness
11:00am-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-4:00pm	POOL CLOSED	
4:00pm-5:30pm	Open Swim	Lap Swim
5:30pm-6:15pm	Water Workout	Water Fitness
6:15pm-7:00pm	Open Swim	Lap Swim

Wednesday

Time	Main Pool	Lap Lanes
5:00am-8:00am	Open Swim	Lap Swim
8:05am-11:00am	Water Workout	Water Fitness
11:00am-12:30pm	H.S. Lessons	Lap Swim
12:30pm-2:15pm	H.S. Lessons	POOL CLOSED
2:15pm-4:30pm	Open Swim	Lap Swim
4:30pm-7:00pm	Swim Lessons	POOL CLOSED

Thursday

Time	Main Pool	Lap Lanes
5:00am-6:00am	Open Swim	Lap Swim
6:00am-7:00am	Water Fitness	Lap Swim
7:00am-9:00am	Open Swim	Lap Swim
9:05am-11:00am	Water Workout	Water Fitness
11:00am-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-4:00pm	POOL CLOSED	
4:00pm-5:30pm	Open Swim	Lap Swim
5:30pm-6:15pm	Swim Lessons	Water Fitness
6:15pm-7:00pm	Open Swim	Swim Lessons

Friday

Time	Main Pool	Lap Lanes
5:00am-8:00am	Open Swim	Lap Swim
8:05am-12:00pm	Water Workout	Water Fitness
12:00pm-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-7:00pm	Open Swim	Lap Swim

Saturday

Time	Main Pool	Lap Lanes
8:00pm-1:00pm	Swim Lessons	POOL CLOSED
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-5:00pm	Open Swim	Lap Swim

Sunday

Time	Main Pool	Lap Lanes
12:00pm-1:00pm	Open Swim	Lap Swim
1:00pm-2:00pm	*Sensory Swim	Lap Swim
2:00pm-5:00pm	Open Swim	Lap Swim

ALL CHILDREN UNDER 10 MUST HAVE AN ADULT IN THE WATER WITH THEM AT ALL TIMES. THERE ARE NO EXCEPTIONS TO THIS POLICY.

SCHEDULES MAY VARY FROM DAY TO DAY. PLEASE CHECK THE APP AND POSTED POOL DOOR SIGNAGE FOR THE MOST UP-TO-DATE INFORMATION.

Please Note:

- Water Workout times are reserved for adults wanting to do their own "Aquacise" workouts in the main pool instead of attending a class.
- *Sensory Swim- open swim hour for anyone who needs a calm and sensory friendly environment. Water features will not be on during this time.
- During Lap Swim times: lap swimmers (actively swimming the length of the pool for exercise) have priority in the lanes over water walking/jogging. This is due to limited lane space and lap swim times. The app reservations take priority if the person who reserved is actively swimming laps. Water walkers: walking East to West in the main pool is 7yds. Walking North to South in the main pool is 10 yds

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.



WATER FITNESS



WATER FITNESS SCHEDULE THROUGH MARCH 22ND

Aquacise:

Tu, Th 6:00-6:45am

High Intensity- jump start your metabolism for the day. Enjoy an early morning shallow water aerobic workout. No swimming ability required.

Aqua Dance:

M, W, F 8:05-8:50am

High Intensity- Enjoy music from all genres and a high cardio workout as you dance along to your favorite tunes. You will feel a good workout and have fun while doing it!

Aqua Challenge:

M-F 9:05-9:50am

High Intensity- Challenge your cardiovascular and muscular capabilities, while using water resistance. This class is a total body workout.

Aqua Moves:

M,-F 10:05-10:50am

Low/Moderate Intensity-AquaMoves is intended to improve agility, flexibility, and cardiovascular endurance and develop strength, balance, and coordination. No swimming ability required.

H2O Flow:

M,F 11:05-11:50am

Low Intensity- This is a low impact water exercise program designed to increase joint mobility and muscle strength. This class is intended to provide exercise that improves flexibility and movement.

Aqua Power:

Tu, Th 5:30-6:15pm

Moderate Intensity- Workout with interval training in strength and cardio. End your day with a workout that utilizes water resistance to provide a full body workout.



Water Fitness is included in membership and is open to members only. No registration is required, however please contact the Front Desk to be put on an email list for cancellations and updates.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am		Aquacise		Aquacise	
8:00am	Aqua Dance		Aqua Dance		Aqua Dance
9:05am	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge
10:05am	Aqua Moves	Aqua Moves	Aqua Moves	Aqua Moves	Aqua Moves
11:05am	H2O Flow				H2O Flow
5:30pm		Aqua Power		Aqua Power	