



# DUNIGAN POOL



## SCHEDULE JUNE 1<sup>ST</sup> THROUGH 29<sup>TH</sup>

### Monday

Time	Main Pool	Lap Lanes
5:00am-8:00am	Open Swim	Lap Swim
8:05am-10:00am	Water Workout	Water Fitness
10:00am-12:00pm	Swim Lessons	POOL CLOSED
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-8:00am	Open Swim	Lap Swim
8:05am-9:00am	Water Workout	Water Fitness
9:00am-10:00pm	Swim Lessons	Water Fitness
10:00am-12:00pm	Swim Lessons	POOL CLOSED
12:00pm-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-10:00am	Water Workout	Water Fitness
10:00am-12:00pm	Swim Lessons	POOL CLOSED
12:00pm-1:00pm	Swim Lessons	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

### Thursday

Time	Main Pool	Lap Lanes
5:00am-6:00am	Open Swim	Lap Swim
6:00am-7:00am	Water Fitness	Lap Swim
7:00am-8:00am	Open Swim	Lap Swim
8:05am-9:00am	Water Workout	Water Fitness
9:00am-10:00pm	Swim Lessons	Water Fitness
10:00am-12:00pm	Swim Lessons	POOL CLOSED
12:00pm-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-10:00pm	Water Workout	Water Fitness
10:00pm-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.**

#### 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

### **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 Challenge:**

M-F 8:05-8:50am

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

### **Aqua Moves:**

M,W, F 9:05-9:50am

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

### **HydroVet:**

Tu, Th 9:05-9:50am

Low/Moderate Intensity- Sponsored by an anonymous donor. All Veterans may attend this class for free, regardless of membership. Members are also welcome. Recreation program that uses a variety of equipment for water resistance workouts intended to improve hand/eye coordination and cardiovascular health.

### **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
<b>6:00am</b>		Aquacise		Aquacise	
<b>8:05am</b>	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge
<b>9:05am</b>	Aqua Moves	HydroVet	Aqua Moves	HydroVet	Aqua Moves
<b>5:30pm</b>		Aqua Power		Aqua Power	