



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Pool

## Pool @ Cass County Family Y

March 1st - May 31st

905 East Broadway  
LOGANSPOUR, IN 46947  
(574) 753-5141

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Lap Swim</b> No Instructor 5:30am - 7am	<b>Lap Swim</b> No Instructor 5:30am - 7am	<b>Lap Swim</b> No Instructor 5:30am - 7am	<b>Lap Swim</b> No Instructor 5:30am - 7am	<b>Lap Swim</b> No Instructor 5:30am - 7am		
8am	<b>Aquacise</b> Gloria Christiansen 8am - 9am		<b>Aquacise</b> Gloria Christiansen 8am - 9am		<b>Aquacise</b> Gloria Christiansen 8am - 9am		
9am	<b>Open Swim</b> No Instructor 9am - 10am		<b>Open Swim</b> No Instructor 9am - 10am		<b>Open Swim</b> No Instructor 9am - 10am		
10am	<b>Seniorcise</b> Elizabeth Kibble 10am - 11am	<b>Senior Water Volleyball</b> No Instructor 10am - 11am	<b>Seniorcise</b> Elizabeth Kibble 10am - 11am	<b>Senior Water Volleyball</b> No Instructor 10am - 11am	<b>Seniorcise</b> Elizabeth Kibble 10am - 11am		
11am	<b>Lap Swim</b> No Instructor 11am - 1pm	<b>Lap Swim</b> No Instructor 11am - 1pm	<b>Lap Swim</b> No Instructor 11am - 1pm	<b>Lap Swim</b> No Instructor 11am - 1pm	<b>Lap Swim</b> No Instructor 11am - 1pm	<b>Lap Swim</b> No Instructor 11:30am - 1pm	
12pm							<b>Lap Swim</b> No Instructor 12pm - 1pm
1pm						<b>Family Swim</b> No Instructor 1pm - 2pm	<b>Family Swim</b> No Instructor 1pm - 2pm
2pm						<b>Open Swim</b> No Instructor 2pm - 3:30pm	<b>Open Swim</b> No Instructor 2pm - 3pm
4pm						<b>Birthday Parties</b> No Instructor 4:30pm - 5:30pm	<b>Birthday Parties</b> No Instructor 4:30pm - 5:30pm
5pm	<b>Lap Swim</b> No Instructor 5pm - 6pm	<b>Swim Lessons</b> Lindsay Forgey 5pm - 6pm	<b>Lap Swim</b> No Instructor 5pm - 6pm	<b>Swim Lessons</b> Lindsay Forgey 5pm - 6pm	<b>Lap Swim</b> No Instructor 5pm - 6pm		
6pm	<b>Open Swim</b> No Instructor 6pm - 7pm	<b>Open Swim</b> No Instructor 6pm - 7pm	<b>Family Swim</b> No Instructor 6pm - 7pm	<b>Open Swim</b> No Instructor 6pm - 7pm	<b>Family Swim</b> No Instructor 6pm - 7pm		
7pm	<b>Aquacise</b> Lucy Burns 7pm - 8pm	<b>Aquacise</b> Lucy Burns 7pm - 8pm	<b>Open Swim</b> No Instructor 7pm - 8pm	<b>Aquacise</b> Lucy Burns 7pm - 8pm	<b>Open Swim</b> No Instructor 7pm - 8pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



# Class Descriptions

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**Aquacise** - A low to medium impact shallow water class. Promote joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength.

**Birthday Parties** - The pool is available to rent for birthday parties on the weekends! Call to make reservations.

**Family Swim** - Family time in the pool! Adults with children are welcome!

**Lap Swim** - No Instructor. Independent swimming. Restricted to lanes.

**Open Swim** - Open Swim is open to all. Children 7 and under must be accompanied by an adult.

**Senior Water Volleyball** - Shallow water volleyball to keep you active, flexible, and having FUN!

**Seniorcise** - A shallow water, LOTS of fun and will improve agility, flexibility, and cardiovascular endurance. SilverSneaker Splash dumbbells used to develop strength, balance, and coordination.

**Swim Lessons** - In swim lessons, we use a variety of fun methods to help kids overcome fears, build confidence in the water and develop skills that last a lifetime. Our qualified instructors are trained in the philosophies and disciplines set by YMCA of the USA.