



Pool Schedule
Cass County Family Y
 January 1st - March 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap/Circle Swim Pool: Whole 5:30am - 7am	Lap/Circle Swim Pool: Whole 5:30am - 7am	Lap/Circle Swim Pool: Whole 5:30am - 7am	Lap/Circle Swim Pool: Whole 5:30am - 7am	Lap/Circle Swim Pool: Whole 5:30am - 7am		
8am	Aquacise/Water Walking Pool: South Half 8am - 9am		Aquacise/Water Walking Pool: South Half 8am - 9am		Aquacise/Water Walking Pool: South Half 8am - 9am		
	Open Swim Pool: North Half 8am - 9am		Open Swim Pool: North Half 8am - 9am		Open Swim Pool: North Half 8am - 9am		
9am	Open Swim Pool: Whole 9am - 10am		Open Swim Pool: Whole 9am - 10am		Open Swim Pool: Whole 9am - 10am		
10am	Seniorcise Pool: Lanes 2, 3, and 4 10am - 11am	Open Swim Pool: North Half 10am - 11am	Seniorcise Pool: Lanes 2, 3, and 4 10am - 11am	Open Swim Pool: North Half 10am - 11am	Seniorcise Pool: Lanes 2, 3, and 4 10am - 11am		
	Lap/Circle Swim Pool: Lane 1 10am - 11am	Senior Water Volleyball Pool: South Half 10am - 11am	Lap/Circle Swim Pool: Lane 1 10am - 11am	Senior Water Volleyball Pool: South Half 10am - 11am	Lap/Circle Swim Pool: Lane 1 10am - 11am		
11am	Lap/Circle Swim Pool: Whole 11am - 1pm	Lap/Circle Swim Pool: Whole 11am - 1pm	Lap/Circle Swim Pool: Whole 11am - 1pm	Lap/Circle Swim Pool: Whole 11am - 1pm	Lap/Circle Swim Pool: Whole 11am - 1pm	Lap/Circle Swim Pool: Whole 11:30am - 1pm	
12pm							Lap/Circle Swim Pool: Whole 12pm - 1pm
1pm						Family Swim Pool: Whole 1pm - 2pm	Family Swim Pool: Whole 1pm - 2pm
2pm						Open Swim Pool: Whole 2pm - 3:30pm	Open Swim Pool: Whole 2pm - 3pm
4pm						Birthday Parties Pool: Whole 4:30pm - 5:30pm	Birthday Parties Pool: Whole 4:30pm - 5:30pm
5pm	Lap/Circle Swim Pool: Whole 5pm - 6pm	Swim Lessons Pool: Whole 5pm - 6pm	Lap/Circle Swim Pool: Whole 5pm - 6pm	Swim Lessons Pool: Whole 5pm - 6pm	Lap/Circle Swim Pool: Whole 5pm - 6pm		
6pm	Open Swim Pool: Whole 6pm - 7pm	Open Swim Pool: Whole 6pm - 7pm	Family Swim Pool: Whole 6pm - 7pm	Open Swim Pool: Whole 6pm - 7pm	Family Swim Pool: Whole 6pm - 7pm		
7pm	Aquacise/Water Walking Pool: Whole 7pm - 8pm	Aquacise/Water Walking Pool: Whole 7pm - 8pm	Open Swim Pool: Whole 7pm - 8pm	Aquacise/Water Walking Pool: Whole 7pm - 8pm	Open Swim Pool: Whole 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 Cass County Family Y

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Aquacise/Water Walking - 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/Circle Swim - No Instructor. Independent swimming. Restricted to lanes. Circle swim.

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 - This shallow water class is 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.