



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

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

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