



Laporte Pool Schedule

Pool @ La Porte

May 1st - May 31st

901 Michigan Avenue

La Porte, IN 46350

(219) 325-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 3 Lap Lanes 5am - 9am	Open Swim 3 Lap Lanes 5am - 12pm	Open Swim 3 Lap Lanes 5am - 9am	Open Swim 3 Lap Lanes 5am - 12pm	Open Swim 3 Lap Lanes 5am - 6:30am		
6am					Masters Program 1 lap lane open Will McCorkle 6:30am - 7:30am	Open Swim 3 Lap Lanes 6am - 8am	
7am					Open Swim 3 Lap Lanes 7:30am - 9am		
8am						Aqua Zumba® Debi B 8am - 8:45am	
9am	Silver Splash® Bill B 9am - 9:45am		Silver Splash® Bill B 9am - 9:45am		Silver Splash® Bill B 9am - 9:45am	Swim Lessons No Lap Lanes 9am - 11am	
	1 Lap Lane/ No Open Swim 9am - 9:45am		1 Lap Lane/ No Open Swim 9am - 9:45am		1 Lap Lane/ No Open Swim 9am - 9:45am		
					Open Swim 3 Lap Lanes 9:45am - 8:45pm		
10am	Senior Stretch (2 Lap Lanes Available) Roseanna M 10am - 10:50am		Senior Stretch (2 Lap Lanes Available) Roseanna M 10am - 10:50am				Open Swim 3 Lap Lanes 10am - 4pm
	Open Swim 3 Lap Lanes 10:50am - 8:45pm		Open Swim 3 Lap Lanes 10:50am - 8:45pm				
11am						Open Swim 3 Lap Lanes 11am - 3:45pm	
12pm		Masters Program 1 lap lane open Will McCorkle 12pm - 1pm		Masters Program 1 lap lane open Will McCorkle 12pm - 1pm			
1pm		Open Swim 3 Lap Lanes 1pm - 4pm		Open Swim 3 Lap Lanes 1pm - 4pm			
4pm		Swim Lessons No Lap Lanes 4pm - 5:30pm		Swim Lessons No Lap Lanes 4pm - 5:30pm			
5pm		Aqua Boot-Camp Mary Jane 5:30pm - 6:30pm		Aqua Boot-Camp Mary Jane 5:30pm - 6:30pm			
		Open Swim 2 Lap Lanes 5:30pm - 6:30pm		Open Swim 2 Lap Lanes 5:30pm - 6:30pm			
6pm		Open Swim 3 Lap Lanes 6:30pm - 8:45pm		Open Swim 3 Lap Lanes 6:30pm - 8:45pm			

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 La Porte

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Aqua Boot-Camp - This is an advanced workout combining weights and noodles to incorporate water resistance cardio exercises.

Aqua Zumba® - Aqua Zumba is a challenging and effective water-based workout that integrates a mixture of body-sculpting movements and dance moves to maximize fat burning and total body toning. We encourage the whole family to participate.

Masters Program 1 lap lane open - Improve your technique and have fun at the same time. Be a Master!!!

Senior Stretch (2 Lap Lanes Available) - A water fitness class designed to enhance each individual's quality of life and daily function. A variety of exercises utilizing the physical properties of water. Will help you increase your agility, range of movement and cardiovascular conditioning.

Silver Splash® - Based upon the idea of "fitness, fun, and friends," this class incorporates fun, social programming with an exercise program that enhances independent living skills. This low-impact fitness class is held in both the pool.