



Pool @ Michigan City Elston
May 1st - May 31st

1202 Spring Street Door L
MICHIGAN CITY, IN 46360
(219) 221-4055

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	All Lap Lanes 6am - 7am	Open Swim 3 Lap Lanes 6am - 9am	All Lap Lanes 6am - 7am	Open Swim 3 Lap Lanes 6am - 9am	All Lap Lanes 6am - 8:30am	Open Swim 3 Lap Lanes 6am - 9:30am	
7am	Masters Program 1 lap lane open Will McCorkle 7am - 8am		Masters Program 1 lap lane open Will McCorkle 7am - 8am				
8am	All Lap Lanes 8am - 8:30am		Senior Stretch (2 Lap Lanes Available) Jackie B. 8:30am - 9:30am				
	Senior Stretch (2 Lap Lanes Available) Jackie B. 8:30am - 9:30am						
9am	Swim Lessons/2 Lap Lanes Jackie B. 9:30am - 10am	Senior Stretch (2 Lap Lanes Available) Roseanna M 9am - 10am	Swim Lessons/2 Lap Lanes Jackie B. 9:30am - 10am	Senior Stretch (2 Lap Lanes Available) Roseanna M 9am - 10am	Aqua Aerobics Various . 9am - 10am	Swim Lessons 2 Lap Lanes 9am - 11am	
						Swim Lessons 2 Lap Lanes 9:30am - 11am	
10am	Aqua Aerobics Various . 10am - 11am	Aqua Dance Kevin S 10am - 11am	Aqua Dance Ce Ce 10am - 11am	Aqua Dance Tracy R 10am - 11am	2 Lap Lanes 10am - 11am		Open Swim 3 Lap Lanes 10am - 3:45pm
	Aqua Boot-Camp Various . 10am - 11am				Deep Water Boot Camp Kathy W. 10am - 10:45am		
11am	Open Swim 3 Lap Lanes 11am - 12pm	Open Swim 3 Lap Lanes 11am - 12pm	Open Swim 3 Lap Lanes 11am - 12pm	Open Swim 3 Lap Lanes 11am - 12pm	Open Swim 3 Lap Lanes 11am - 12pm	Open Swim 3 Lap Lanes 11am - 3:45pm	
12pm	Adults Only 12pm - 1pm	Adults Only 12pm - 1pm	Adults Only 12pm - 1pm	Adults Only 12pm - 1pm	Adults Only 12pm - 1pm		
1pm	Open Swim 3 Lap Lanes 1pm - 2pm	Open Swim 3 Lap Lanes 1pm - 2pm	Open Swim 3 Lap Lanes 1pm - 2pm	Open Swim 3 Lap Lanes 1pm - 2pm	Open Swim 3 Lap Lanes 1pm - 2pm		
3pm	Open Swim 3 Lap Lanes 3pm - 4pm	Open Swim 3 Lap Lanes 3pm - 7:45pm	Open Swim 3 Lap Lanes 3pm - 4pm	Open Swim 3 Lap Lanes 3pm - 7:45pm	Open Swim 3 Lap Lanes 3pm - 7:45pm		
4pm	Swim Lessons 1 lap lane Will McCorkle 4pm - 5:30pm		Swim Lessons 1 lap lane Will McCorkle 4pm - 5:30pm				
5pm	Dive Club/2 Lap Lanes 5pm - 6pm		Dive Club/2 Lap Lanes 5pm - 6pm				
	Open Swim 3 Lap Lanes 5:30pm - 6:15pm		Open Swim 3 Lap Lanes 5:30pm - 7:45pm				

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 Michigan City Elston

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Aqua Aerobics - Enter the water as you focus on simple yet effective movements that will help ease all of your aches and pains. This low impact, low intensity class is perfect for those wanting to improve their strength and mobility.

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

Aqua Dance - Captivates the joy of movement and the expression of life through the fusion of aqua fitness and dance choreography.

Deep Water Boot Camp - Challenge yourself by using water resistance and water weights. A mix of cardio and strength in the deep end of the pool. All fitness and swim levels encouraged. Modifications will be available.

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.

Swim Lessons 1 lap lane - In order to accommodate all of our young swim learners we are limited to one lap lane during swim lessons.