



Laporte Pool Schedule

La Porte

August 1st - August 31st

901 Michigan Avenue

La Porte, IN 46350

(219) 325-9622

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

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.



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	MON	TUE	WED	THU	FRI	SAT	SUN
	Aquacise Pool (Group) Mary Jane 5:30pm - 6:30pm		Aquacise Pool (Group) Mary Jane 5:30pm - 6:30pm				
6pm	Open Swim 3 Lap Lanes Pool 6:30pm - 8:45pm		Open Swim 3 Lap Lanes Pool 6:30pm - 8:45pm				

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Class Descriptions La Porte

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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.

Aquacise - A very effective aerobic workout challenging both beginner and advanced fitness levels. This workout combines weights and noodles to incorporate water resistance cardio exercises.

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

Senior Stretch - 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.