



La Porte
May 1st - May 30th

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 - 7am	Open Swim 3 Lap Lanes Pool 5am - 9am	Open Swim 3 Lap Lanes Pool 5am - 7am	Open Swim 3 Lap Lanes Pool 5am - 6:30am		
6am					Masters Program 1 lap lane open Pool Will McCorkle 6:30am - 7:30am	Open Swim 3 Lap Lanes Pool 6am - 8am	
7am		1 Lap Lane/ No Open Swim Pool 7am - 10am		1 Lap Lane/ No Open Swim Pool 7am - 10am	Open Swim 3 Lap Lanes Pool 7:30am - 9am		
8am						1 Lap Lane/ No Open Swim Pool 8am - 9am	
						Aqua Zumba® Pool (Group) Debi B 8am - 8:45am	
9am	Silver Splash®* Pool (Group) Bill B 9am - 10am		Silver Splash®* Pool (Group) Bill B 9am - 10am		1 Lap Lane/ No Open Swim Pool 9am - 10am	Swim Lessons No Lap Lanes Pool 9am - 11am	
	1 Lap Lane/ No Open Swim Pool 9am - 11am		1 Lap Lane/ No Open Swim Pool 9am - 11am		Silver Splash®* Pool (Group) Bill B 9am - 10am		
10am	Senior Stretch Pool (Group) Volunteer (Roger) 10am - 11am	Open Swim 3 Lap Lanes Pool 10am - 4pm	Senior Stretch Pool (Group) Volunteer (Roger) 10am - 11am	Open Swim 3 Lap Lanes Pool 10am - 4pm	Open Swim 3 Lap Lanes Pool 10am - 8:45pm		Open Swim 3 Lap Lanes Pool 10am - 4pm
		Aqua Tae Bo Pool (Group) Amanda R. 10am - 11am		Aqua Tae Bo Pool (Group) Amanda R. 10am - 11am			
11am	Open Swim 3 Lap Lanes Pool 11am - 5:30pm		Open Swim 3 Lap Lanes Pool 11am - 5:30pm			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		Open Swim 3 Lap Lanes Pool 1pm - 4pm					
3pm				Open Swim 3 Lap Lanes Pool 3pm - 4pm			

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
4pm		Swim Lessons No Lap Lanes Pool 4pm - 5:30pm		Swim Lessons No Lap Lanes Pool 4pm - 5:30pm			
5pm	1 Lap Lane/ No Open Swim Pool 5:30pm - 6:30pm	Open Swim 3 Lap Lanes Pool 5:30pm - 8:45pm	1 Lap Lane/ No Open Swim Pool 5:30pm - 6:30pm	Open Swim 3 Lap Lanes Pool 5:30pm - 8:45pm			
	Aqua Zumba® Pool (Group) Debi B 5:30pm - 6:30pm		Aqua Zumba® Pool (Group) Debi B 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 Tae Bo - A functional group fitness workout with martial arts elements from karate, taekwondo or kickboxing combined with aerobic moves in the pool.

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 - 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.