



# Laporte Pool Schedule November 2022

La Porte

November 1st - November 30th

901 Michigan Avenue

La Porte, IN 46350

(219) 325-9622

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



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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.