



Pool @ Michigan City Elston

August 1st - August 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	All Lap Lanes 6am - 8:30am	All Lap Lanes 6am - 7am	All Lap Lanes 6am - 8:30am	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) Linda P 8:30am - 9:30am		Senior Stretch (2 Lap Lanes Available) Linda P 8:30am - 9:30am			
9am	Swim Lessons/2 Lap Lanes Jackie B. 9:30am - 10am	Aqua Tabata Linda P 9:30am - 10:30am	Swim Lessons/2 Lap Lanes Jackie B. 9:30am - 10am	Aqua Dance Tracy R 9:30am - 10:30am		Swim Lessons 2 Lap Lanes 9am - 11am	
						Swim Lessons 2 Lap Lanes 9:30am - 11am	
10am	Aqua Boot-Camp Sam D 10am - 11am		Aqua Dance Ce Ce 10am - 11am		Aqua Boot-Camp Sam D 10am - 11am		
					2 Lap Lanes 10am - 11am		
11am	Open Swim 3 Lap Lanes 11am - 12pm	Masters Program 1 lap lane open Will McCorkle 11am - 12pm	Open Swim 3 Lap Lanes 11:30am - 12pm	Open Swim 3 Lap Lanes 11:30am - 12pm	Masters Program 1 lap lane open Will McCorkle 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 - 5pm	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	Aqua Dance Ce Ce 5pm - 5:45pm	Dive Club/2 Lap Lanes 5pm - 6pm				
	Open Swim 3 Lap Lanes 5:30pm - 7:45pm		Open Swim 3 Lap Lanes 5:30pm - 7:45pm				
6pm		Open Swim 3 Lap Lanes 6pm - 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 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.

Aqua Tabata - Aqua Tabata is a HITT (High Intensity Interval Training) in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Suspension and weights are also used in this class (or not).

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.