



Pool @ Michigan City Elston
September 1st - September 30th

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 - 9:30am	All Lap Lanes 6am - 7am	Open Swim 3 Lap Lanes 6am - 9:30am	All Lap Lanes 6am - 8:30am	Open Swim 3 Lap Lanes 6am - 9:30am	
7am	Masters Program 1 lap lane open 7am - 8am		Masters Program 1 lap lane open 7am - 8am				
8am	All Lap Lanes 8am - 8:30am		Senior Stretch 8:30am - 9:30am				
	Senior Stretch 8:30am - 9:30am						
9am	Swim Lessons/2 Lap Lanes 9:30am - 10am	Aqua Aerobics 9:30am - 10:30am	Swim Lessons/2 Lap Lanes 9:30am - 10am	Aqua Dance 9:30am - 10:30am		Swim Lessons 2 Lap Lanes 9am - 11am	
						Swim Lessons 2 Lap Lanes 9:30am - 11am	
10am	Aqua Boot-Camp 10am - 11am		Aqua Dance 10am - 11am		2 Lap Lanes 10am - 11am		
11am	Open Swim 3 Lap Lanes 11am - 12pm	Masters Program 1 lap lane open 11am - 12pm	Open Swim 3 Lap Lanes 11:30am - 12pm	Open Swim 3 Lap Lanes 11:30am - 12pm	Masters Program 1 lap lane open 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 4pm - 5:30pm		Swim Lessons 1 lap lane 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				
6pm	Aqua Dance 6:15pm - 7pm						

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.