



Pool @ Michigan City Elston  
July 1st - July 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 - 11am	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 - 9:30am	2 Lap Lanes 8:30am - 10:30am	2 Lap Lanes 8:30am - 10:30am	2 Lap Lanes 8:30am - 10:30am			
		Senior Stretch Linda P 8:30am - 9:30am		Senior Stretch Linda P 8:30am - 9:30am			
9am	2 Lap Lanes 9:30am - 11am	Aqua Tabata Linda P 9:30am - 10:30am	Water Movement Will McCorkle 9:30am - 10am	Aqua Tabata Linda P 9:30am - 10:30am		Swim Lessons 2 Lap Lanes 9:30am - 11am	
	Water Movement Will McCorkle 9:30am - 10am						
10am	Aqua Boot-Camp Will McCorkle 10am - 11am	Open Swim 3 Lap Lanes 10:30am - 11am	Aqua Aerobics Will McCorkle 10am - 11am		Aqua Aerobics Will McCorkle 10am - 11am		Open Swim 3 Lap Lanes 10am - 3:45pm
11am	Adults Only 11am - 12pm	Masters Program 1 lap lane open Will McCorkle 11am - 12pm	Open Swim 3 Lap Lanes 11am - 4pm	Adults Only 11am - 12pm	Masters Program 1 lap lane open Will McCorkle 11am - 12pm	Open Swim 3 Lap Lanes 11am - 3:45pm	
		Adults Only 11am - 12pm	Adults Only 11am - 12pm		Adults Only 11am - 12pm		
12pm	Open Swim 3 Lap Lanes 12pm - 4pm	Open Swim 3 Lap Lanes 12pm - 7:45pm	Open Swim 3 Lap Lanes 12pm - 4pm	Open Swim 3 Lap Lanes 12pm - 7:45pm	Open Swim 3 Lap Lanes 12pm - 7:45pm		
	Open Swim 3 Lap Lanes 12pm - 4pm						
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		Dive Club/2 Lap Lanes 5pm - 6pm				
	Open Swim 3 Lap Lanes 5:30pm - 7:45pm		Dive Club 5pm - 6pm				
			Open Swim 3 Lap Lanes 5:30pm - 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 Aerobics** - Enter the water as you focus on simple yet effective movements that will help ease all of your aches and pains. This low impact, low intensity class is perfect for those wanting to improve their strength and mobility.

**Aqua Boot-Camp** - This is an advanced workout combining weights and noodles to incorporate water resistance cardio exercises.

**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** - 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.

**Water Movement** - This 30 minute class will keep you moving through the water while incorporating some stretches to help prepare your body for the day. This class is for all fitness levels and ages.