



# OPEN POOL TIMES

**Welcome to Schererville Family YMCA!** During times that are not listed the YMCA will be conducting swim lessons, aqua fitness classes, etc. For information on aqua fitness classes and lessons please visit the aquatics schedule on the app.

WEST POOL THROUGH MAY 31	
<b>SUNDAY</b>	6:00am-8:30pm (3 lanes for lap swimming) 6:00am-8:30pm (Family Swim)
<b>MONDAY</b>	4-8:45am (3 lanes for lap swimming) 4-8:45am (Family Swim) 11:00am-5:45pm (3 lanes for lap swimming) 11:00am-5:45pm (Family Swim) 7-10:30pm (3 lanes for lap swimming) 7-10:30pm (Family Swim)
<b>TUESDAY</b>	4-9:45am (3 lanes for lap swimming) 4-9:45am (Family Swim) 11:00am-10:30pm (3 lanes for lap swimming) 11:00am-10:30pm (Family Swim)
<b>WEDNESDAY</b>	4-9:45am (3 lanes for lap swimming) 4-9:45am (Family Swim) 11:00am-5:45pm (3 lanes for lap swimming) 11:00am-5:45pm (Family Swim) 7-10:30pm (3 lanes for lap swimming) 7-10:30pm (Family Swim)
<b>THURSDAY</b>	4-9:45am (3 lanes for lap swimming) 4-9:45am (Family Swim) 11:00am-10:30pm (3 lanes for lap swimming) 11:00am-10:30pm (Family Swim)
<b>FRIDAY</b>	4-9:45am (3 lanes for lap swimming) 4-9:45am (Family Swim) 11:00am-10:30pm (3 lanes for lap swimming) 11:00am-10:30pm (Family Swim)
<b>SATURDAY</b>	6:00am-8:30pm (3 lanes for lap swimming) 6:00am-8:30pm (Family Swim)

3 lanes are open for lap swimming; rest of the pool is open for family or open swim.

EAST POOL THROUGH MAY 31	
<b>SUNDAY</b>	6-11:00am (4 lanes for lap swimming & aqua jogging)
<b>MONDAY</b>	8-11:15am (4 lanes for lap swimming & aqua jogging)
<b>TUESDAY</b>	7:30-9:00pm (4 lanes for lap swimming & aqua jogging)
<b>WEDNESDAY</b>	8-11:15am (4 lanes for lap swimming & aqua jogging)
<b>THURSDAY</b>	7:30-9:00pm (4 lanes for lap swimming & aqua jogging)
<b>FRIDAY</b>	6-11:00am (4 lanes for lap swimming & aqua jogging)
<b>SATURDAY</b>	6-8:30am (4 lanes for lap swimming & aqua jogging)

4 lanes open for lap swimming & aqua jogging. Some lanes could be used for private lessons during lap swim schedule.

## **WEST POOL RULES**

- Deep Water Swim Test required to swim in the Deep End of pool. See deep water swim test requirements that are posted.
- Children under the age of 10 must be accompanied by a parent/adult (age 18 & up) when using a Y swimming pool, unless in an organized, supervised program such as swim lessons.
- All children under 10 who do not pass the swim test must have someone 18 or older in the water within arms length. And can not take them in water past the adults shoulder depth.
- The ratio of children under the age of 8 should not exceed 3:1 in non-program activities.
- Only U.S. Coast Guard approved life jackets and flotation devices are permitted. YMCA life jackets are available for children.
- Swimmers must take a shower before entering the pool.
- Swimmers must wear appropriate swimsuits. No street shoes, street clothes or cut-offs.
- Persons with a contagious disease, open sores, infectious conditions are prohibited from swimming.
- Children not potty-trained MUST wear a swim diaper or plastic, leak proof pants while in the pool.
- No gum, food or drink allowed in the pool. No glass of any kind is allowed.
- No smoking or alcohol is allowed. Individuals under the influence of drugs or alcohol are not permitted.
- No running on pool deck.
- No diving in pool less than 9 feet.
- This is a family friendly facility, please no intimate contact. Abusive, foul or racial remarks are prohibited.
- Kickboards are not allowed in the pool.

## **EAST POOL RULES**

- Choose an appropriate lane for your speed.
- At peak times, swim in a circular pattern sharing lanes down on the right, back on the left.
- Must pass swim test to swim laps without parent.
- 35 lengths = 1/2 mile, 70 lengths = 1 mile

## **LAP SWIM GUIDELINES**

- **NEED:** If there are no open lanes, swimmers are expected to share lanes with others.
- **SPEED:** Gauge the speeds of each lane and join the lane where the swimmers swim at your speed.
- **SHARE:** If there are two of you in a lane, you can stay on sides. Three or more swimmers in a lane must circle swim. Always discuss with the other swimmer what the plan for sharing is.
- **CARE:** At all times be aware of what is going on within your lane.
- A lifeguard typically knows the best lane for you to enter, so please ask the lifeguard for assistance or any other questions.
- Smile and enjoy your workout. When we work together, lap swimming can be a wonderful experience for all levels of fitness.



# GROUP EXERCISE

## Group Exercise Schedule through May 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Cycling 7:30-8:30am	Group Cycling 6-6:45am	Les Mills BODYFLOW 7-7:50am	Les Mills BODYPUMP 6-6:45am	Zumba 9-10:00am	Core & More 8-8:50am	Great Step Off 8-9:00am
Great Step Off 8:45-9:45am	Sunrise Yoga 6-7:00am	Feeling Fit 9-9:50am	Group Cycling 6-6:45am	Les Mills BODYFLOW 9-9:50am	TBC 9-10:00am	Barre 8-8:50am
MAT Pilates 10-11:00am	POUND 8:15-9:00am	MAT Pilates 9-9:50am	Barre 8-8:50am	Yoga 10:15-11:15am	Cycle Strong 9-9:45am	Les Mills BODYPUMP 9:15-10:00am
	Les Mills BODYCOMBAT 9-9:50am	Cardio Mix & Sculpt 10:15-11:15am	Low Step & Sculpt 9-10:00am	Group Cycling 10:15-11:00am	Les Mills BODYPUMP 10:15-11:15am	
	Les Mills BODYPUMP 10:15-11:15am	Medical Fitness** 10:15-11:00am	Advanced Pilates MAT 10:15-11:00am	Medical Fitness** 11:15am-Noon		
	Les Mills BODYCOMBAT 4:30-5:30pm	Les Mills BODYPUMP 4:30-5:30pm	Zumba 9-10:00am	Les Mills BODYCOMBAT 5:45-6:45pm		
	Barre 5:45-6:45pm	Yoga Foundations 4:45-5:45pm	Cycle Strong 9-9:45am	HipHop Group Cycling 5:45-6:45pm		
	Group Cycling 5:45-6:30pm	Zumba 6-7:00pm	Les Mills BODYPUMP 10:15-11:15am	Cardio Drumming 7-8:00pm		
	Zumba 6-7:00pm	Group Cycling 7:15-8:00pm	Chair Stretch & Strength 11:15am-12:00pm			
	MAT Pilates 7-8:00pm		Barre 4:30-5:20pm			
	LesMills BODYPUMP 7-8:00pm		Group Cycling 5:45-6:30pm			
			LesMills BODYPUMP 7-8:00pm			

Studio Key
Studio A
Studio B
Cycling Studio

\*Classes will be added to our schedule. Check out our app or at the Y for the latest schedule. \*\*Priority given to Medical Membership participants.

**Due to our COVID19 safety precautions, classes have limited capacity and must be reserved via the Daxko app or online.**

### HOW TO RESERVE CLASSES:

Reserve the group fitness class of your choice now directly through our online schedule or app. This will ensure you have a dedicated spot in our upcoming class offerings and also allow access to add yourself to a waitlist for a class or cancel your upcoming reservation.

### Reserve Your Spot

- Step 1: View our schedule online at [crymca.org](http://crymca.org) or via the Crossroads YMCA mobile app
- Step 2: Filter based on your preferences
- Step 3: Look for the reservation icon or 'Sign Up' by your desired class
- Step 4: Select the icon or 'Sign Up' link to reserve your spot
- Step 5: Log in or create an account to reserve your spot





# WATER FITNESS

## WATER FITNESS SCHEDULE THROUGH MAY 31, OFFERED IN OUR WEST POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	H2O MOVES 9-9:45AM	WATER IN MOTION 10-10:55AM	H2O MOVES 9-9:45AM	WATER IN MOTION 10-10:55AM		
	AQUA BLAST 10-10:55AM		HYDRO FIT 10-10:55AM			
	WATER IN MOTION 6-6:55 PM					

\*Classes will be added to our schedule. Check out our app or at the Y for the latest schedule.

**Due to our COVID19 safety precautions, classes have limited capacity and must be reserved via the Daxko app or online.**

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Step 5: Log in or create an account to reserve your spot





# GYM SCHEDULE

## GYM SCHEDULE THROUGH MAY 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Half Court Basketball 5:00am-4:00pm	Open Gym 4:00am-4:00pm	Pickleball 4:00am-11:00pm	Open Gym 4:00am-4:00pm	Pickleball 4:00am-4:00pm	Open Gym 4:00am-11:00pm	Half Court Basketball 5:00am-4:00pm
Half Court Basketball 5-9:00am	Open Gym 4:00am-4:00pm		Open Gym 7:00am-4:00pm	Pickleball 4:00am-4:00pm		Half Court Basketball 5:00am-4:00pm
Family Gym Time 9:00am-1:00pm	Half Court Basketball 4-11:00pm	Volleyball 4-11:00pm	Half Court Basketball 4-11:00pm			
Open Gym 1-9:00pm	Full Court Basketball 4-9:00pm	Pickleball 4:00am-11:00pm	Volleyball 4-11:00pm	Full Court Basketball 4-9:00pm	Open Gym 4:00am-11:00pm	Open Gym 4-9:00pm
Open Gym 4-9:00pm	Half Court Basketball 9-11:00pm			Half Court Basketball 9-11:00pm		Open Gym 4-9:00pm

\*Hours subject to change

Gym Key
Court 1
Court 2







# SPORTS PERFORMANCE CENTER | PARISI

## SPORTS PERFORMANCE CENTER SCHEDULE THROUGH MAY 31

Class	Days	Time	Monthly Cost
Game Time	Tuesday Thursday Saturday	4-5:30pm 4-5:30pm 9-10:30am	Attend 1 time/week \$25 members; \$50 guests
Jump Start	Monday Tuesday Wednesday Thursday Friday	4:30-5:30pm 6:30-7:30pm 4:30-5:30pm 6:30-7:30pm 4:30-5:30pm	Attend 2 times/week \$45 members; \$90 guests
Sports Performance	Tuesday Thursday Friday	5:30-6:30pm 5:30-6:30pm 4:30-5:30pm	Attend 3 times/week \$75 members; \$150 guests
Basic Strength	Monday Wednesday	5:30-6:30pm 5:30-6:30pm	
Elite Sports Performance	Monday Wednesday Friday	6:30-7:30pm 6:30-7:30pm 5:30-6:30pm	Attend 3 times/week \$75 members; \$150 guests
Advanced Strength	Tuesday Thursday	4:30-5:30pm 4:30-5:30pm	

See back for full class descriptions



## **CLASS DESCRIPTIONS**

### **Game Time** (7-15 years old)

This program is designed to get kids off the sofa, off electronics and into having fun while getting fit. The program develops good exercise habits and awareness of nutrition. Parisi's Total Conditioning uses fun and exciting modalities like medicine balls, resistance bands, ladders, plyometrics, and yoga. It also incorporates the Parisi signature speed training methods and the latest in performance and strength training. That combination make the program come alive and produce quick results, keeping kids coming back for more.

### **Jump Start** (7-10 years old)

Utilizes the most up-to-date research to build up an athlete's foundation, improve coordination and self-confidence. Certified Parisi Performance Coaches teach signature speed and strength methods in a fun and friendly environment. This ensures the athletes are engaged and motivated to give 100%. The Jump Start program is a must for any child who wants to develop an athletic foundation of skills, that will help them get faster and stronger to rise above the competition.

### **Total Performance** (11-14 years old)

Utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting-edge coaching techniques from certified Parisi Performance Coaches to produce maximum improvements in athletic performance. At this level, programming is broken down into an individual focus per session; linear speed, acceleration and deceleration, change of direction and strength. This program builds on an athlete's physical foundation and refines their skills in order for them to maximize their strength, aerobic and/or sport specific training. Athlete's will also learn the skills and conditioning necessary.

### **Basic Strength** (11-14 years old)

Introduction of strength training concepts with an emphasis on proper form, movement patterns, bodyweight resistance training, progressive programming and injury prevention. This program develops the foundation for an athlete's relative strength while teaching optimal body mechanics in a safe, fun environment.

### **Elite Sports Performance** (15-20 years old)

This program focuses on the regression and progression of our signature speed-training methods. At this level, certified Parisi Performance Coaches use their knowledge and experience to individualize strength training for their athletes based on their abilities and specific goals. Utilizing either Basic Strength or Advanced Strength programming, this program builds on an athlete's physical foundation and develops their athletic abilities even further, in order for them to maximize their potential and reach their goals on game day.

### **Advanced Strength** (15-20 years old)

Provides a sport-specific protocol for the high-level athlete to develop strength in areas that will directly transfer to their chosen sport. This high-level training pushes athletes to the next level, giving them a competitive edge as they prepare to compete at the high school, collegiate, Olympic or professional level.



# KIDS ZONE & KIDS CLUB

## Come play at the YMCA!

**Kids Zone – Ages 6 weeks to 7 years who have an active family membership.**

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### HOURS

Sunday	8:00am-2:00pm
Monday	8:00am-12:00pm; 4-8:00pm
Tuesday	8:00am-12:00pm; 4-8:00pm
Wednesday	8:00am-12:00pm; 4-8:00pm
Thursday	8:00am-12:00pm; 4-8:00pm
Friday	8:00am-12:00pm; 4-8:00pm
Saturday	8:00am-2:00pm

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- Check in and out upon each visit.
  - A picture ID may be requested at drop off or pick up
  - The same parent that checked-in a child must be the adult that checks-out the child. In the event that someone else will be picking up they MUST be on your child's authorized pick up list.
  - Children in diapers must be clean, dry and recently fed when you drop off. Please include extra disposable diapers and wipes in diaper bag if needed.
  - If you are bringing in pacifier or blanket please label
  - You will need to remain on the premises while your child is checked into the Kids Zone area. If you are enrolled in an outdoor class, parents must provide cell phone number in case needed.
  - Kids Zone is available for a maximum of 90 minutes per visit. Check each location for specific Kids Zone hours.
  - Please refrain from bringing food, personal toys, electronics, car seats and strollers.
  - You will be notified if a child is upset and cannot be soothed after 10 minutes.
  - To help prevent spreading of illness children who are ill must be free of all symptoms before returning to our care
  - Staff will do their best to accommodate feedings and other special instructions. However due to the nature of Kids Zone, it is not always feasible to accommodate specific requests.
  - Should your child have allergies or special needs, it is imperative that the staff be informed of this upon each visit to Kids Zone.
  - The YMCA strives to maintain a SAFE and positive approach to managing children's behavior at all times. Parents will be informed of any behavior issues and communicate expected behavior guidelines.

**Kids Club—A drop off program for children ages 8-12 years old who have an active family membership.** Kids Club occurs in open space areas in facility and requires children to be able to stay with the staff during program.

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### HOURS

Monday	4-8:00pm
Tuesday	4-8:00pm
Wednesday	4-8:00pm
Thursday	4-8:00pm
Friday	4-8:00pm

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- Check in and out upon each visit.
  - A picture ID may be requested at drop off or pick up
  - The same parent that checked-in a child must be the adult that checks-out the child. In the event that someone else will be picking up they MUST be on your child's authorized pick up list.
  - Kids Club is available for a maximum of 90 minutes per visit.
  - Join Y Staff in this class where having fun can improve your health. Jam packed with games designed to improve strength, endurance and flexibility while developing life-long fitness skills!
  - We will use various areas of facility for our activities. Check in will be in the Family Center. If we are not there please go to front desk and they will inform you where in the facility they are at and get you connected. Children will receive a wrist band when checked in.
  - We will have programs and activities for kids to get moving through fun, age appropriate play and games.
  - Come dressed in comfortable athletic attire, and tennis shoes and get ready to have fun.
  - This is a FREE program for YMCA members





# FACILITY POLICIES

**ATTIRE** | The YMCA is a family-friendly facility; please dress appropriately. Athletic shoes must be worn on wood floors. Proper swimsuits must be worn in pool areas. Open-toed shoes are prohibited in the fitness centers. Garments that have pictures and/or writing that are vulgar, suggestive, indecent or otherwise offensive are not allowed.

**BANK DRAFT CANCELLATION** | To cancel your membership, a cancellation form must be completed, located at the member service desk. The cancellation form must be submitted at least 30 days prior to draft date.

**CLOSURES AND INCLEMENT WEATHER** | While the YMCA will make every attempt to open or remain open in inclement weather, it reserves the right to delay opening, close early, or remain closed if the weather is serious enough to put our staff and members at risk.

**CROSSROADS YMCA** | The Crossroads YMCA is an association that includes locations across Lake County, Indiana. Crossroads YMCA members can participate at any location and sign up for programs at any branch, not just their home branch.

**EXPECTED BEHAVIOR** | The YMCA is an inclusive, family-friendly organization. We expect all members and guests to model our four core values—caring, honesty, respect, and responsibility in their conduct and language (including within digital and social media communications). The YMCA reserves the right to suspend/cancel membership, end program participation and remove visitation access if actions or behaviors are not deemed in the best interest of the organization.

**GUEST PASSES** | An adult member may bring one adult guest (must be 18 years of age or older) or a family unit (parent/guardian and their children) with them to the Y. Individuals may come as a guest two times within the span of a calendar year. ID required for guests as well as signed liability waiver.

**INCOME BASED FINANCIAL ASSISTANCE** | The Crossroads YMCA wants everyone to enjoy its programs and services. Adult and family Members who are unable to pay the full cost of membership may apply for reduced fees. An income based membership application and last years IRS tax return must be presented.

**INSURANCE STATEMENT** | The Crossroads YMCA does not provide accident insurance for injuries sustained during YMCA activities. Members and guests participate in programs and use the facility at their own risk, and are encouraged to have personal medical insurance coverage.

**KIDS ZONE/KIDS CLUB** | Please refer to these schedules for complete policies.

**LOCKER ROOMS** | The YMCA provides space designated for adults, youth, families, and those with special needs. In most locations a lock is suggested to protect belongings. The YMCA is not responsible for your personal belongings. We suggest you do not bring valuables. These lockers are daily (unless you rent small lockers) and must be removed at the end of the day. Use of Family locker rooms are encouraged with families with children under 6 years old.

**LOST AND FOUND** | The Crossroads YMCA is not responsible for lost or stolen items. Lost and found items are kept for one week. Inquiries about lost items must be made in person; items not claimed after one week will be donated to a local charity.

**MEMBERSHIP CARDS** | Membership cards are issued and need to be presented at each visit for all members 10 years of age and older upon completion of membership application.

**MEMBERSHIP HOLDS** | Members in good standing with the YMCA can place their membership on hold for up to three continuous months, once in a twelve(12) month period. The member must come into a branch thirty (30) days prior to the requested hold-date.

**MEMBERSHIP REFUND** | Membership fees are non-refundable except in the case of members who paid a full year in advance and have medical note regarding injury, major illness, or moving.

**NATIONWIDE MEMBERSHIP** | When you join the YMCA, you join a nationwide association of people. So, you're warmly welcomed by more than 2,000 YMCAs across the nation. You will be required to sign a national membership waiver upon your first visit to a YMCA outside of the Crossroads Association. Check [ymca.net](http://ymca.net) for YMCAs near your travel destination.

**NO WEAPONS POLICY** | In the interest of maintaining an environment that is safe and free of violence for members, employees, and visitors, Crossroads YMCA prohibits the wearing, transporting, storage, presence or use of dangerous weapons on YMCA property, regardless of whether or not the person is licensed to carry the weapon. Members that violate this policy may have their membership revoked immediately; any employee that violates this policy may be terminated. This policy does not apply to any law enforcement personnel or security personnel engaging in official duties.

**PERSONAL TRAINING** | Personal, partner, and group training are a member service. Outside trainers are not allowed to use YMCA facilities for this purpose. This includes and not limited to fitness centers, studios, fields, and pools.

**SAFETY** | The Y uses these measures and more to ensure your safety;

- On site AEDs
- Staff certified in CPR, 1st aid, and AED
- Nationally certified lifeguards on duty
- Indoor and outdoor security cameras
- Free lock boxes for your personal items (depends on location)
- Frequent and random checks conducted on all Y staff and volunteer coaches prior to allowing them to work with children
- Sex offender screenings on all members & volunteers

**SCHEDULES** | Current gym, pool, and fitness class schedules are available in the literature racks of any YMCA, online at [crymca.org](http://crymca.org), or via the Crossroads YMCA app. Schedules are subject to change.

**SMOKING/TOBACCO PRODUCTS** | Use of tobacco products and/or smoking is prohibited in all YMCA facilities and on all YMCA grounds.

## **USE OF FACILITIES BY CHILDREN**

Ages 9 and under Must be accompanied by parent/guardian, unless in an organized program.

### Ages 10-11

- Can be in facility alone (i.e. gymnasium, family center, outdoor pool)
- Can use track with immediate supervision of parent
- Can use pools alone—areas of pool use are dependent on child's swim ability

### Ages 12-13

- Can be in facility alone( i.e. gymnasium, family center, outdoor pool)
- Can use track without supervision of parent
- Can use pools alone—areas of pool use are dependent on child's swim ability
- Can use wellness center equipment with special designation and completion of equipment check
- Can take group fitness classes with parent

### Ages 14 -17

- All facility access and usage (except where designated adult like adult locker rooms, sauna and steam room)

**WATERPARK** | Please refer to waterpark schedules for complete policies

**WIFI** | Wi-Fi is free and available in the branch locations. Stop at the membership desk for more information.

**YMCA CHECK IN** – YMCA members and guest are required to have their photo taken to ensure safety and security for all. Members are required to scan their membership card on each visit to verify current membership, and guest must sign a non-member liability waiver. Membership cards are issued and need to be presented at each visit for all members 10 years of age and older upon completion of membership application. There is a \$5.00 charge for replacing cards