



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

ANKENY FAMILY YMCA

APRIL 30 – JUNE 3

| Information Center | | OPEN SWIM <i>(#) indicates the number of lanes available.</i> | LAP SWIM <i>(#) indicates the number of lanes available.</i> | WATER FITNESS | Y AQUATIC PROGRAMS <i>See Program Flyers</i> |
|---|------------------|--|---|--|---|
| <p>POOL CLOSED FROM MAY 27th UNTIL JUNE 3rd for maintenance.</p> | MONDAY | 5:00am-5:30am(3) 6:15am-8:30am (4) 10:10am-4:30pm (4) 7:00pm-9:45pm (4) | 5:00am- 6:00am(3) 6:00am-4:30pm (4) 4:30-6:15pm(3) 7:45pm -9:45pm (4) | Early Bird 5:30-6:15am Perky Penguins 8:30-9:15am Water Circuit 9:20-10:05am Splash Down 6:15-7:00pm | SwimFit 5:00-6:00am Tri-Training 7:00-7:45pm Jr. Hawks 6:15-7:00pm Swim Team Clinic (5 lanes) 4:30-6:15pm |
| | TUESDAY | 6:30am-8:30am(4) 10:10am-4:30pm(4) 7:00pm-9:45pm (3) | 5:00am -6:30am (3) 6:30am-4:30pm (4) 4:30pm-5:45pm(2) 7:30pm-9:45pm(5) | Perky Penguins 8:30-9:15am Deep Water 9:20-10:05am Splash Down 6:15-7:00pm | Tri-Training 5:30-6:30am Swim Lessons 9:00-10:30am (1 lane) 6:15-7:30pm Swim Team Clinic (5 lanes) 4:30-6:15pm |
| | WEDNESDAY | 5:00am-5:30am(3) 6:15am-8:30am (4) 10:10am-4:30pm (4) 4:30pm-5:30pm (3) 6:15pm- 9:45pm (3) | 5:00am- 6:00am(3) 6:00am- 4:30pm (4) 7:45pm -9:45pm (5) | Early Bird 5:30-6:15am Perky Penguins 8:30-9:15am Water Kickboxing 9:20-10:05am Splash Down 5:30-6:15pm | SwimFit 5:00-6:00am Swim Lessons 9:00-11:00am (1 lane) 5:45-7:00pm Jr. Hawks 7:00-7:45pm Swim Team Clinic (5 lanes) 4:30-5:30pm |

SWIM LESSONS will be held Spring 2 from April 30 – May 26.

Jr. HAWKS will be held Spring 1 March 26-April 18 & Spring 2 April 23-May 16 on Monday's from 6:15-7pm & Wednesday's from 7-7:45pm.

Y Swim Team will have Off-Season Clinics on Monday, Tuesday, Thursday, Friday from 4:30-6:15pm & Wednesday from 4:30-5:30pm from April 16-May 25 in ONLY 5 lanes. Summer swim team will begin June 4th.

The pool will be closed for maintenance from May 27th until June 3rd.

Note: Private Lessons may be scheduled during lap swim or open swim times.

SCHEDULE SUBJECT TO CHANGE

Ankeny Family YMCA

1102 N. Ankeny Blvd., Ankeny IA 50021

P 515 965 8800 F 515 965 7901 www.dymymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

ANKENY FAMILY YMCA

APRIL 30 – JUNE 3

| Information Center | | OPEN SWIM | LAP SWIM | WATER FITNESS | Y AQUATIC PROGRAMS <i>See Program Flyers</i> |
|--|----------|--|---|--|---|
| LAP SWIM GUIDELINES We ask that swimmers share lanes and circle swim during their workout. Before entering an occupied lane, please speak with current swimmers to notify them of your presence. | THURSDAY | 6:30am-8:30am(4) 10:10am -4:30pm (4) 4:30pm- 6:15pm (2) 6:15pm - 9:45pm (3) *May 24 no open swim from 4:30- 6:30pm | 5:00am -6:30am (3) 6:30am-4:30pm(4) 7:00pm-9:45pm(4) *May 24 no lap swim from 4:30pm- 7:45pm | Perky Penguins 8:30-9:15am Deep Water 9:20-10:05am | Tri-Training 5:30-6:30am & 6:15-7:00pm Swim Team Clinic (5 lanes) 4:30-6:15pm |
| | FRIDAY | 5:00am-5:30am(4) 6:15am-8:30am (4) 10:10am- 4:30pm (4) 6:15pm-9:45pm(3) | 5:00am-4:30pm (4) 4:30pm-6:15pm (3) 6:15pm-9:45pm(5) | Early Bird 5:30-6:15am Perky Penguins 8:30-9:15am Water Circuit 9:20-10:05am | Swim Team Clinic (5 lanes) 4:30-6:15pm |
| Y Aquatic Programs Schedules & information available online at www.dmymca.org or at our welcome desk. | SATURDAY | 8:00am-10:45am (3) 10:45am-4:45pm (4) | 7:00am- 9:30am(4) 10:45am-4:45pm(4) | Instructors Choice 7:05-7:50am | Swim Lessons 9:30-10:45am |
| | SUNDAY | 11:00am-12:00pm(4) 1:00pm- 6:45pm (3) | 11:00am-1:00pm(4) 3:00pm- 6:45pm (5) | | Tri-Training 12:00-1:00pm Swim Lessons 1:00-2:45pm |

Water Exercise Class Descriptions

Perky Penguins

This is an Active Adult class which utilizes special exercises to include strength training, low impact cardio, stretching, and flexibility. This class is an excellent opportunity to meet community members and attend socials outside the Y.

Deep Water

An intermediate water fitness class geared toward those who want to maintain an above average aerobic fitness level.

Water Circuit

This class incorporates a variety of exercises and tools to give you a great cardio workout! Strength training and flexibility exercises are also included.

Water Kickboxing

A fun way to get use cardio and strength training as the same moves as kickboxing on land are used, but with the added benefits of water resistance.

Early Birds/Splash Down

This class is a water combo class that utilizes a combination of different water fitness exercises.

Ankeny Family YMCA

1102 N. Ankeny Blvd., Ankeny IA 50021

P 515 965 8800 F 515 965 7901 www.dmymca.org