FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:30am Adult Swim	5:00-8:30am Adult Swim	5:00-8:30am Adult Swim	5:00-8:30am Adult Swim	5:00-8:30am Adult Swim		
8:30-9:00AM ONE LANE Adult Swim	8:30-9:00AM ONE LANE Adult Swim	8:30-9:00AM ONE LANE Adult Swim	8:30-9:00AM ONE LANE Adult Swim	8:30-9:00AM ONE LANE Adult Swim	7-10:10am Adult Swim	
8:30-9:00am Water Walking 3 LANES	8:30-9:00am Water Walking 3 LANES	8:30-9:00am Water Walking 3 LANES	8:30-9:00am Water Walking 3 LANES	8:30-9:00am Water Walking 3 LANES	10:15-11:30am Swim Lessons	
9:00-9:45am Aqua Joint Katie	9:00-9:45am Aqua Joint Makala	9:00-9:45am Aqua Joint Katie	9:00-9:45am Aqua Joint Makala	9:00-9:45am Aqua Joint Katie		
10-10:45am Water Pump Katie	10:15-11:20am Swim Lessons	10-10:45am Water Pump Katie	10:00-10:45am Water YOGA Makala	10-10:45am Water Pump Katie		
10:50-11:35am Arthritis Katie		10:50-11:35am Arthritis Katie		10:50-11:35am Arthritis Katie		
11:35-1:00pm Adult Swim	11:20-1:00pm Adult Swim	11:35-1:00pm Adult Swim	10:45-1:00pm Adult Swim	11:35-1:00pm Adult Swim	11:30-1:00pm Adult Swim	Noon-1:00pm Adult Swim
1:00-6:55pm Family Swim	1:00-5:15pm Family Swim	1:00-5:50pm Family Swim	1:00-6:55pm Family Swim	1:00-8:45pm Family Swim	1:00-4:45pm Family Swim	1-5:45pm Family Swim
	5:20-6:40pm Swim Lessons					
7:05-7:50pm Water Pump Angie	7:05-7:50pm Aqua Lo Randy	6-6:45pm Water Pump Makala	7:05-7:50pm Aqua Lo Randy			
7:55-8:45pm Adult Swim	7:55-8:45pm Adult Swim	6:50-8:45pm Adult Swim	7:55-8:45pm Adult Swim			

Boone County Family YMCA Pool Schedule

March 11th, 2012-June 3, 2012

Hours
Monday-Friday
5:00am-8:45pm
Saturday
7:00am-4:45pm
Sunday
Noon-5:45pm

Life's Full of Lessons
Sign up for Swim Lessons

Adult Swim
is a time for those 16 years and older to come and utilize the pool for a variety of water fitness activities which may include but are not limited to water walking, deep water jogging and lap swim.

We ask swimmers to share lanes during their workout. Before entering an occupied lane, please speak with current swimmers to notify them of your presence.

Boone County Family Y
608 Carroll Street, Boone IA 50036
P 515 432 5925 **F** 515 432 8858 dmymca.org

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WATER FITNESS CLASS DESCRIPTIONS

Aqua Joints class with an emphasis on stretching and toning muscles, and increasing flexibility and strength in joints. Incorporates light cardiovascular exercise throughout the class.

Aqua Lo lo-impact cardio classes utilizing various pieces of buoyant equipment, non swimmers welcome.

Arthritis- a non cardio class designed to maintain flexibility and strength in arthritic joints, fibromyalgia, post-polio syndrome and post therapy patients are encouraged to attend this class.

Water Pump- Water Pump is a muscular conditioning class that targets specific muscle groups to tone and strengthen by using buoyant barbells for resistance in the water. Bursts of cardiovascular training through intervals increase your heart rate and encourage weight loss.

Water Walking- this is a non-instructor based time for those who want to come into the pool to walk, aqua-jog or use the water for exercise. There will be 3 lanes available for this activity, please be courteous to all who choose to use this time for physical activity.

Water YOGA- This is the wondrous world of water. Because of the unique properties of water people of all fitness levels can safely enjoy water yoga. Conditions such as arthritis, MS, obesity, and others can make traditional yoga practice on land extremely difficult. But the buoyancy and hydrostatic pressure of the water support the body in all directions making most standing yoga poses easier. Over time practicing these poses in the water will lead to greater strength and stability.

POOL RULES

The YMCA of Greater Des Moines will swim test all pool users ages 16 and under that would like to swim in water depths over chest height of the individual. Those who do not successfully complete the swim test or choose not to try will be restricted to depths of no more than chest deep water without a responsible adult within arm's length (two children maximum per adult).

1. Shower before entering pool
2. Walk--don't run
3. NO DIVING – off the side of the pool
4. Food, beverages, candy, and gum are not allowed in the pool area
5. Please do not hang on the ropes
6. Rough and dangerous play is not allowed
7. Proper swim wear is required (no cut-offs)
8. Lifejackets and Flotation devices are permitted with direct in-water supervision
9. Instructional Flotation devices are limited to lap swim use only (Kickboard, Bar Bells)
10. Toys will be allowed at lifeguard's discretion
11. Diapers are not allowed in the pool, please use swim diapers
12. Lifeguards are here for your safety – THEIR DECISIONS ARE FINAL
13. Slide usage is for those who successfully pass the swim test or are over 4 feet tall.

Swim Test Procedure

The YMCA of Greater Des Moines will swim test all pool users ages 16 and under that would like to use a YMCA of Greater Des Moines pool in water depths that exceed chest height of the individual. Slide Usage is limited to swimmers 4ft or tall or those who successfully pass swim test. This includes but is not limited to Open Swim Times, Day Camp, Birthday Parties, and Group Rentals.

Testing Procedures

Pool user will be asked to:

- Swim on top of the water one length of the pool on their front.
- Tread water for one minute if the water at the deepest point of the pool is over the pool user's head.
- Swim unassisted to a ladder and demonstrate ability to climb out of the pool on their own.

A Green Bracelet will be given to pool users who successfully complete the above procedures and will be allowed full usage of the pool.

Swimmers under the age of 16 without a bracelet will have restricted use of the pool. Individuals may not go into depths over chest-deep water without a responsible adult within arm's length (two children maximum per adult). This is for individuals who do not successfully complete the above procedures OR choose not to try.