



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIVERFRONT POOL SCHEDULE

APRIL 2012

	Lap Swim	Open Swim	Water Exercise	Swim Lessons	Miscellaneous
Mon	5:15 – 8:30 am (4) 9:45 – 2 pm (4) 3:00 – 4:30 pm (1) 4:30 – 6:00 pm (4) 7:30- 8:15 pm (2)	3:00 – 4:30 pm (3)	8:30 – 9:30 am Sr. Water Exercise		Lifeguard Class 7:00-8:15pm
Tues	5:15 – 8:30 am (4) 9:45 – 2 pm (4) 3:00 – 4:00 pm (2) 4:00 – 5:30 pm (4) 7:15 -8:15 pm (4)	3:00 – 4:00 pm (2)	8:30 – 9:30 am Sr. Water Exercise 5:30 – 6:15 pm Water Exercise	6:00 – 6:30 pm Preschool 6:35 – 7:15 pm School Age	
Wed	5:15 – 8:30 am (4) 9:45 – 2 pm (4) 3:00 – 4:30 pm (1) 4:30 – 6:00 pm (4) 7:00-8:15pm (2)	3:00 – 4:30 pm (3)	8:30 – 9:30 am Sr. Water Exercise 6:00 – 7:00 pm Water Boot Camp		Lifeguard Class 7:00-8:15pm
Thurs	5:15 – 8:30 am (4) 9:45 – 2 pm (4) 3:00 – 4:00 pm (2) 4:00 – 5:55 pm (4) 7:15 - 8:15 pm (4)	3:00 – 4:00 pm (2)	8:30 – 9:30 am Sr. Water Exercise	6:00 – 6:30 pm Preschool 6:35 – 7:15 pm School Age	
Fri	5:15 – 8:30 am (4) 9:45 – 2 pm (4) 3:00 – 4:30 pm (1) 4:30 – 5:30 pm (4) 6:00 – 8:15 pm (1)	3:00 – 4:30 pm (3) 6:00 – 8:15 pm (3)	8:30 – 9:30 am Sr. Water Exercise		
Sat	7:15 – 8:00 am (4) 10:30 -1:30 pm (4) 1:30 – 4:00 pm (1) 4:00 – 5:00 pm (4)* *Adults only 16+	1:30 – 4:00 pm (3)		8:00 – 8:30 am Adult Lessons 8:30 – 9:00 am Waterbabies 9:00 – 9:30 am Preschool 9:35 – 10:15 am School Age	
Sun	9:15 – 1:30 pm (4)* *Adults only 16+	1:30 – 5 pm (3)			

Pool times, Lap and Open will be amended in May for Tri training and Swim Team

POOL DESCRIPTIONS

Riverfront YMCA

101 Locust Street, Des Moines, IA 50309

P 515 282 9622 F 515 471 8599 www.dymymca.org



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Lap Swim

Lanes are first come, first serve.
Lap Swim is designed to be a workout. 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.
Please be courteous to your fellow swimmers, so everyone can enjoy a swim workout.
Swimmers must be doing CONTINUOUS LAPS.

Deep End Testing Procedures for pool users ages 16 and under

1. Swim on top of the water one length of the pool on their front.
2. Tread water for one minute in the deep end.
3. Swim unassisted to a ladder and demonstrate ability to climb out of the pool on their own.

Open Swim

Lifeguard ratio: 30 participants to 1 lifeguard

This is a time for families to swim together.

Children under the age of 9 must be accompanied by an adult or guardian at least 16 years of age.

Children who need a lifejacket/water wings must be in the shallow end within an arm's reach of their parent/guardian. Limit of 2 children with lifejacket/water wings per parent/guardian.

Water Exercise Classes

Senior Water Exercise

This class is great for staying active and flexible without an impact. Also a great ability to socialize with other active adults.

Water Exercise

Primarily in the deep end, this class is ideal for aerobic and muscle conditioning.

Water Boot Camp

This high-intensity class will maximize your calorie burn by concentrating on intensity, cardio moves and muscle work by using a variety of equipment and water depths. Great for cross training.

Swim Team

Participants learn advanced swimming skills in a competitive environment while building endurance, speed and self-esteem.

Swim Lessons

Waterbabies, Preschool, School Age, Adult (6 months old to adults)

Flyers are available in the lobby.
Registration at the front desk is required.
Call 282-9622.

Schedules on website at: www.dmymca.org

Any other aquatic questions you may call the pool office at 515-471-8533 or email amy.roland@dmymca.org

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