



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

SOUTH SUBURBAN YMCA – MARCH 25TH–JUNE 3RD, 2012

	LAP SWIM	OPEN SWIM	WATER EXERCISE		SWIM LESSONS & PROGRAMS	
MONDAY	5:30–8:30am (4)	10:30– 1:30pm Shallow Well	Aqua Zumba <i>(Jamie)</i>	8:45–9:30am	Waterbabies I Private Lessons	6:30–7:00pm 7:00–7:30pm
	10:45am–1:30pm (4)		Deep Wave <i>(Krista)</i>	9:35–10:20am		
	4:00–4:45pm (4)	4:00–4:45pm Shallow Well	Wave Power <i>(Traci)</i>	5:00–6:00pm		
	7:00–9:00pm (4)	7:00–9:00pm Shallow Well	Water Sculpt <i>(Karen)</i>	6:00–6:45pm		
TUESDAY	5:30–8:30am (4)	11:00–1:30pm Shallow Well	Wave Power <i>(Krista)</i>	8:45–9:45am	Preschool Lessons Youth Lessons	6:15–6:45pm 7:00–7:40pm
	11:00am–1:30pm (4)		BAM <i>(Shari)</i>	9:45–10:45am		
	4:00–4:45pm (4)	4:00–4:45pm Shallow Well	Wave Power <i>(Crystal)</i>	5:00–6:00pm		
	8:00–9:00pm (4)	8:00–9:00pm Shallow Well				
WEDNESDAY	5:30–8:30am (4)	10:00–1:30pm Shallow Well	Wave Power <i>(Janet)</i>	8:45–9:45am	Waterbabies II	6:30–7:00pm
	10:00am–1:30pm (4)		Wave Power <i>(Linda)</i>	5:00–6:00pm		
	4:00–4:45pm (4)	4:00–4:45pm Shallow Well	Water Sculpt <i>(Sarah)</i>	6:00–6:45pm		
	7:00–9:00pm (4)	7:00–9:00pm Shallow Well				
THURSDAY	5:30–8:30am (4)	11:00–1:30pm Shallow Well	Wave Power <i>(Crystal)</i>	8:45–9:45am	Preschool Lessons Youth Lessons	6:15–6:45pm 7:00–7:40pm
	11:00am–1:30pm (4)		BAM <i>(Shari)</i>	9:45–10:45am		
	4:00–4:45pm (4)	4:00–4:45pm Shallow Well	Wave Power <i>(Traci)</i>	5:00–6:00pm		
	8:00 – 9:00pm (4)	8:00–9:00pm Shallow Well				
FRIDAY	5:30–8:30am (4)	10:00–1:30pm Shallow Well	Wave Power <i>(Jen)</i>	8:45–9:45am		
	10:00am–1:30pm (4)					
	4:00–6:00pm (4)	4:00–6:00pm Shallow Well				
SATURDAY	7:30–8:30am (4)	1:00–4:00pm	Instructor's Choice	8:45–9:45am	Preschool Lessons	9:45–10:15am
	12:00–1:00pm (4)				PS/Youth Lessons <i>(Pike, Eel, Polliwog)</i>	10:25–11:05am
SUNDAY					School Age	11:15–11:55am
SUNDAY <u>Note: We will be closed April 8th for Easter</u>	10:30am–12:00 (4)	12:00–4:00pm				

SOUTH SUBURBAN YMCA

401 E. Army Post Road Des Moines IA 50315

P 515 285 0444

www.dymca.org

Pool Descriptions

Open Swim

This is a special time for families to swim and play together! 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.)

Pool Rules

- All children 8 and under must be accompanied by an adult, age 16 and over, at all times
- Lifejackets and Flotation devices are permitted with direct in-water supervision
- NO DIVING – off the side of the pool
- Proper swim wear is required (no cut-offs)
- Instructional Flotation devices are limited to lap swim use only (Kickboard, Bar Bells)
- Diapers are not allowed in the pool; please use swim diapers
- Lifeguards are here for your safety – THEIR DECISIONS ARE FINAL

Lap Swim

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. Swimmers MUST be 9 years old or older to swim in the lap lanes. Swimmers must be doing CONTINUOUS LAPS during Lap Swim Times.

swimFIT:

This program is designed to help swimmers improve fitness and/or train for specific goals. There are provided practice times at YMCAs throughout the Des Moines area. On-deck coaches provide guidance on training and technique. Contact the Aquatics Director for more information.

Water Exercise

Wave Power: Try this high-intensity class that will maximize your calorie burn by concentrating on intensity, cardio moves and muscle work by using a variety of equipment and water depths.

Deep Wave: This class focuses on the toning of muscles while using a series of exercises based in the deep water. Be ready to experience an amazing work-out and only feel the burn afterward!

Water Sculpt: Body sculpting comes to the water!! This class will concentrate on toning and strengthening both upper and lower body by using a variety of equipment and water depths to maximize resistance. This class is for all ages and fitness levels.

Balance and Movement (BAM): Stay fit with the benefits of exercise in the water. This class is great for staying active and flexible without the impact. Join the fun and fellowship.

Instructor Choice: This class will be a mix of Wave Power and Water Sculpt.

Aqua Zumba: Get ready to dance... IN THE WATER! This is a Latin-inspired fitness class. Zumba uses specific Latin moves to give you the ultimate dance workout. It is easy to follow and excellent for any fitness level.

Swimming Lessons

The South Suburban YMCA offers classes for all ages (6 months to adult). For more information on our Swimming Lesson Programs, please contact: Krista McCalley, Aquatics Coordinator, at 285-0444 or krista.mccalley@dmymca.org