



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS

WALNUT CREEK POOL SCHEDULE

REVISED MAY 7TH 2012

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Lap Swim Information Multiple activities are often scheduled in this pool at the same time.</p> <p>Swimming Tips Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull bouys, etc. before entering the pool.</p> <p>Directions If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. We ask swimmers to share lanes during their workout. Before entering an occupied lane, please speak with current swimmer to notify them of your presence.</p> <p>Age Swimmers MUST be 9 years old or older in the lap lanes.</p>	Lap Swim	5:00-7:55(6) 10:45-11:30(3) 11:00-1:15(6) 2:30-5:15(2) 8:15-9:45(4)	5:00-7:55 (6) 10:45-11:30(3) 11:30-1:00(6) 1:00-4:00(3) 4:00-5:00(5) 9:00-9:45(6)	5:00-7:55 (6) 10:30-11:30(4) 11:30-1:15(6) 2:30-5:15(2) 8:15-9:45(6)	5:00-7:55 (6) 10:45-11:30(3) 11:30-1:00(6) 1:00-4:00(3) 4:00-5:00(5) 9:00-9:45(6)	5:00-7:55 (6) 10:30-11:30(1) 11:30-1:15(6) 2:30-4:45(2) 4:45-6:30(6) 6:30-9:45(2)	6:00-7:45(6) 11:00-1:45(6) 2:00-5:45(2)	8:00-12:45(4) 2:30-4:45pm(2)	
	Open Swim	2:30-4:00pm	1:00-4:00pm	2:30-4:00pm	1:00-4:00pm	2:30-4:45pm 6:30-9:45pm	2:00-5:45pm	2:30-4:45pm	
	Water Exercise	Deep Water 8:00-9:00am Shallow H2O 8:30-9:30am AQ Boot Camp 9:15-10:15am Aqua Movement 1:30-2:30pm Deep Water 7:00-8:00pm Pre-Natal 7:30-8:15pm	Deep Water 8:00-9:00am Shallow H2O 8:30-9:30am AQ Boot Camp 9:15-10:15am Deep Water 5:15-6:00pm	Deep Water 8:00-9:00am Shallow H2O 8:30-9:30am AQ Boot Camp 9:15-10:15am Aqua Movement 1:30-2:30pm Deep Water 7:00-8:00pm Pre-Natal 7:30-8:15pm	Deep Water 8:00-9:00am Shallow H2O 8:30-9:30am AQ Boot Camp 9:15-10:15am Aqua Movement 1:30-2:30pm Deep Water 7:00-8:00pm Pre-Natal 7:30-8:15pm	Deep Water 8:00-9:00am Shallow H2O 8:30-9:30am AQ Boot Camp 9:15-10:15am Deep Water 5:15-6:00pm	Deep Water 8:00-9:00am Shallow H2O 8:30-9:30am AQ Boot Camp 9:15-10:15am Aqua Movement 1:30-2:30pm	Deep Water 8:00-9:00am Pre-Natal 8:15-9:00am	
	Swim Programs	Lessons 10:30-11:00(3) Swim Team 4:15-5:30 10< 5:15-6:55 10+ Waterbabies 1 7:00-7:30pm	Lessons - AM 10:30-11:30(3) Lessons-PM 5:15-6:30 Wavemakers 6:30-7:15 (4) Swim Team 6:15-7:15 10< 7:15-9:00 10+	Tri Group 10:30-11:30(2) Swim Team 4:15-5:30 10< 5:15-6:55 10+ Adult Lessons 6:00-7:00(2) Waterbabies 2 7:00-7:30pm Tri Group 8:15-9:15p(3)	Lessons -AM 10:30-11:30(3) Lessons - PM 5:15-6:30pm Wavemakers 6:30-7:15 (4) Swim Team 6:15-7:15 10< 7:15-9:00 10+	Waterbabies 1 & 2 10:30-11:00	Lessons 9:30-10:50	Lessons 1:00-2:20 Swim Team 4:45-6:30pm	

Walnut Creek YMCA

948 73rd Street, Windsor Heights Iowa 50324

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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

All swimming lessons, PRIVATE AND PUBLIC, must be approved prior to the lesson by the Aquatic Director

Lifeguards are here for your safety – THEIR DECISIONS ARE FINAL

WATER EXERCISE CLASSES

SHALLOW H2O

Using the resistance of the water, this class provides an aerobic and stretching workout adaptable to all ages and fitness levels. You get a great workout without the impact of the land aerobics. This class will use noodles, barbells and other resistance equipment.

DEEP WATER EXERCISE

A deep-water class ideal for aerobic and muscle conditioning. Water belts and floatation devices such as, barbells and noodles, are used to provide a great workout with no impact.

AQ BOOT CAMP

This class will begin in the deep water and then incorporate the entire pool. This class is designed to challenge all levels through a boot camp style class using barbells, steps, noodles, stationary bands and kickboards.

PRENATAL AND POSTPARTUM WATER FITNESS

This class is designed especially for expecting moms who want to continue a fitness program safely through pregnancy. Class is designed to allow gradual progressions, and size is limited to provide personal attention. This class is also extended to moms recovering from childbirth who want to gradually ease back into a regular fitness program.

AQUA MOVEMENT WATER EX

Fun and easy exercises in water to increase or maintain range of motion and flexibility while promoting joint protection. (Arthritis type class)

** If you are not participating in a class, please refrain from using the pool at this time due to the large class sizes. For children participating in the class, the child must be able to use the equipment in the correct manner. Children must be 12 years old to participate. Thank you!

SWIMMING LESSONS

The Walnut Creek YMCA offers classes for all ages. (6 months to Adult). For more information on our Swimming Lesson Programs, please contact: Paul Schmidt, Aquatics Director at paul.schmidt@dmymca.org or 224-9901 ext. 237