



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS CENTER

WAUKEE FAMILY YMCA

APRIL 30TH – JUNE 3RD

Information Center	OPEN SWIM		LAP SWIM	WATER FITNESS	AQUATICS PROGRAMMING <i>Pre-Registration Required See Program Flyers</i>	
	Lap Pool	Rec Pool	Lap Pool	Lap/Rec Pool	Lap Pool	Rec Pool
<p>SUPERVISION GUIDELINES All children 8 and Under must be accompanied by an adult, age 16 and over, AT ALL TIMES.</p>	<p>MONDAY</p> <p>10:30am-3:15pm 8:00pm-9:45pm</p> <p>Diving Board 8:15-9:30pm</p>	<p>5:30am-7:45am 11:00am-4:00pm 6:45pm-9:30pm</p>	<p>5:00-8:40am (8) 8:40-10:30am (2) 10:30am-3:15pm (4) 7:00-8:00pm (1) 8:00-9:45pm (3)</p>	<p>Rusty Hinges 8:00-8:30am <i>(Rec Pool)</i> Prenatal 9:00-9:45am <i>(Rec Pool)</i> Active Adults 8:45-9:45am Deep Water 9:30-10:30am</p>	<p>Swim Team 3:30-6:00pm Swim Lessons 5:30-6:15pm Dive Team 6:00-8:00pm Wavemakers 6:00-6:45pm</p>	<p>Swim Lessons 9:45-10:50am 4:15-6:30pm Waterbabies 5:30-6:30pm</p>
<p>Children who have not passed the swim test must have <u>IN-WATER</u> supervision.</p>	<p>TUESDAY</p> <p>10:30am-3:15pm 8:00-9:45pm</p> <p>Diving Board 12:00-2:00pm 8:15-9:30pm</p>	<p>6:30-7:45am 8:45-9:30am 11:00am-12:30pm 2:00-6:45pm 7:45-9:30pm</p>	<p>5:00-8:40am (8) 8:40-10:30am (2) 10:30am-3:15pm (4) 6:45-7:45pm (1) 8:00-9:45pm (4)</p>	<p>Early Bird 5:45-6:30am <i>(Rec Pool)</i> Rusty Hinges 8:00-8:30am <i>(Rec Pool)</i> Active Adults 8:45-9:45am Deep/Shallow 9:30-10:30am Deep Water 6:45-7:30pm PreNatal 7:00-7:45pm <i>(Rec Pool)</i></p>	<p>Swim Team 3:30-6:00pm Dive Team 6:00-7:45pm Swim Lessons 6:00-7:30pm</p>	<p>Swim Lessons 9:45-10:50am 12:45-2:00pm 6:45-7:15pm Waterbabies 10:20-10:50am</p>
<p>SWIM TEST GUIDELINES YMCA of Greater Des Moines will swim test all pool users age 16 and under that would like to swim in water depths over chest height of the individual.</p>	<p>WEDNESDAY</p> <p>10:30am-3:15pm 9:15pm-9:45pm</p>	<p>5:30am-7:45am 11:00am-4:00pm 6:45-9:30pm</p>	<p>5:00-7:15am (6) 7:15-8:40am (8) 8:40-10:30am (2) 10:30am-3:15pm (4) 7:00-9:15pm (1) 9:15-9:45pm (4)</p>	<p>Rusty Hinges 8:00-8:30am <i>(Rec Pool)</i> Prenatal 9:00-9:45am <i>(Rec Pool)</i> Active Adults 8:45-9:45am Deep Water 9:30-10:30am</p>	<p>Tri-Club 5:30-6:30am Swim Team 3:30-6:00pm Swim Lessons 5:30-6:15pm Wavemakers 6:00-6:45pm Dive Team 6:00-9:15pm</p>	<p>Swim Lessons 9:45-10:50am 4:15-6:30pm Waterbabies 5:30-6:30pm</p>



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	Lap Pool	Rec Pool	Lap Pool	Lap/Rec Pool	Lap Pool	Rec Pool
LAP SWIM GUIDELINES 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.	THURSDAY 10:30am-3:15pm 9:00-9:45pm Diving Board 12:00-2:00pm	6:30-7:45am 8:45-9:30am 11:00am-12:30pm 2:00-6:45pm 7:45-9:30pm	5:00-8:40am (8) 8:40-10:30am (2) 10:30am-3:15pm (4) 6:30-9:00pm (1) 9:00-9:45pm (3)	Early Bird 5:45-6:30am <i>(Rec Pool)</i> Rusty Hinges 8:00-8:30am <i>(Rec Pool)</i> Active Adults 8:45-9:45am Deep/Shallow 9:30-10:30am Deep Water 6:45-7:30pm PreNatal 7:00-7:45pm <i>(Rec Pool)</i>	Swim Team 3:30-6:00pm Wavemakers 5:30-6:15pm Dive Team 6:00 – 9:00pm Swim Lessons 6:00-6:45pm	Swim Lessons 9:45-10:50am 12:45-2:00pm 6:45-7:15pm Waterbabies 10:20-10:50am
		FRIDAY 10:00am-9:45pm Diving Board 12:00-2:00pm 7:30 -9:00pm	5:30-7:45am 8:45am-9:30pm Closed (6/1) 5:00-7:00pm <i>For swim lessons</i>	5:00-6:45am (6) 6:45-8:40am (8) 8:40-10:30am (2) 10:30am-7:15pm (4) 7:15-9:45pm (3)	Rusty Hinges 8:00-8:30am <i>(Rec Pool)</i> Active Adults 8:45-9:45am	Tri-Club 5:30-6:30am
Please refer to the Pool Rules and Diving Board Rules posted in the Aquatics Center. If you should have any questions, please see the Aquatics Center Supervisor or Aquatics Director.	AQ Center closed Friday May 11th 3:00 – 10:00pm for US Syncro Regional Competition					
	SATURDAY 1:00-5:45pm Diving Board 1:00-4:00pm	6:00-8:45am 11:45am-5:45pm	6:00-8:00am (8) 8:00-9:00am (4) 11:30am-12:45pm(5) 12:45-4:15pm(3) 4:15-5:45pm(4)	Instructors Choice 8:00-9:00am	Swim Lessons 9:00am-12:20pm Dive Team 9:15-11:15am	Swim Lessons 9:00-11:00am Waterbabies 10:20-11:30am
	AQ Center closed Saturday May 12th 7:30am – 6:00pm for US Syncro Regional Competition AQ Center closed Saturday May 19th 6:00-9:00am for Piathlon Event					
SUNDAY 2:45-4:45pm Diving Board 3:00-4:30pm	10:00am-12:15pm 2:30-5:30pm	10:00-12:15pm (8) 12:15-2:45pm (2) 2:45-4:50pm (3) 5:00-5:45pm (4)		Swim Lessons 12:30-2:30pm Wavemakers 5:00-5:45pm	Swim Lessons 12:30-2:30pm	

Waukeee Family YMCA
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