



We build strong kids, strong families, strong communities.

**Walnut Creek
Aquatics Schedule
Revised July 26**

*****POOL WILL BE CLOSED FOR CLEANING THE WEEK OF AUGUST 22nd TO AUGUST 28th*****

	LAP SWIM <small>(#) indicates the number of lap lanes available during the lap swim time</small>	OPEN SWIM <small>See Reverse Side for Policy Change and Rules</small>	WATER EXERCISE		SWIM LESSONS & PROGRAMS <small>PRE-REGISTRATION required for Programs in this column</small>	SWIM TEAM
MON.	5:00-7:45am (6) 11:45-1:15pm (6) 2:30-4:00pm (1) 4:00-6:45pm (6) 8:15-9:15pm (3) 9:15-9:45pm (6)	2:30-4:00pm	Deep Water Active Adults Aqua Movement Deep Water Pre-Natal	8:00-9:00am 8:30-9:15am 1:30-2:30 pm 7:00-8:00 pm 7:30-8:15pm	Lessons 9:30-11:30am Waterbabies 1 7:00-7:30 pm SwimFit 8:15-9:15pm (3)	2:30-4:00pm (1) High School
TUES.	5:00-7:45am (6) 11:45-1:00pm (4) 1:00-2:30pm (2) 2:30-4:00pm (1) 4:00-5:00pm (4) 7:00-9:45pm (6)	1:00-4:00 pm	Deep Water Active Adults Deep Water	8:00-9:00am 8:30-9:15am 5:15-6:00pm	Lessons 9:30-11:30am SwimFit 11:45-12:45pm (2) Private Lessons 4:00-5:00pm (2) Lessons 5:30-6:50pm	2:30-4:00pm (1) High School
WED.	5:00-7:45am (6) 11:45-1:15pm (6) 2:30-4:00pm (1) 4:00-6:45pm (6) 9:15-9:45pm (6)	2:30-4:00pm	Deep Water Active Adults Aqua Movement Deep Water Pre-Natal	8:00-9:00am 8:30-9:15am 1:30-2:30 pm 7:00-8:00 pm 7:30-8:15pm	Lessons 9:30-11:30am Adults Lessons 6:00-7:00pm (2) Waterbabies 2 7:00-7:30pm TriGroup 8:15-9:15pm	2:30-4:00pm (1) High School
THURS.	5:00-7:45am (6) 11:45-1:00pm (4) 1:00-2:30pm (2) 2:30-4:00pm (1) 4:00-5:00pm (4) 8:30-9:45pm (6)	1:00-4:00 pm	Deep Water Active Adults Deep Water	8:00-9:00am 8:30-9:15am 5:15-6:00pm	Lessons 9:30-11:30am SwimFit 11:45-12:45pm (2) Private Lessons 4:00-5:00pm (2) Lessons 5:30-6:50pm	2:30-4:00pm (1) High School
FRI.	5:00-7:45am (6) 11:45-1:15pm (6) 2:30-4:00pm (1) 4:00-5:00pm (2) 5:00-6:30pm (6) 6:30-9:45pm (2)	2:30-5:00p 6:30-9:45p	Wave Power Active Adults Aqua Movement	8:00-9:00am 8:30-9:15am 1:30-2:30 pm	Lessons 9:30-11:30am	2:30-4:00pm (1) High School
SAT.	6:00-7:45 am (6) 9:00-12:00pm (6) 12:00-1:00pm (4) 1:00-5:45 pm (2)	1:00-5:45 pm	Deep Water PreNatal Water	8:00-9:00am 8:15-9:00am	Private Lessons 12:00-1:00pm (2)	
SUN.	9:00-11:45am (6) 11:45-1:00pm (4) 1:00-3:30pm (2) 3:45-6:45pm (6)	1:00-3:30pm			Private Lessons 12:00-1:00pm (2)	

** Schedule is subject to change.

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

All lessons, group or private, must be approved through Aquatics Director. Members cannot give lessons in the pool without prior approval.

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 and circle swim during their workout. Please be courteous to fellow swimmers, so everyone can enjoy a swim workout. Swimmers MUST be 9 years old or older to swim in the lap lanes. Swimmers must be doing CONTINUOUS LAPS during Lap Swim Times.

WATER EXERCISE CLASSES

ACTIVE ADULTS WATEREX

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.

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.

WAVE POWER:

Come join the intense aqua exercise class. This class may incorporate sports and boot style camps, partners, noodles, circuits, kickboards, step and muscular conditioning. A high-energy workout without the high impact of the land aerobics. This class uses the entire length of the pool. Deep water exercise is included.

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. 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: Rachel Eigenberger, Aquatics Director at 224-9901 x 237 or rachel.eigenberger@dymca.org