

YAQUATICS™

We build strong kids, strong families, strong communities.

Riverfront YMCA Aquatics Schedule Summer 2010

	LAP SWIM	OPEN SWIM	WATER EXERCISE	SWIM LESSONS	SWIM TEAM/ Stroke Clinic
MON	5:15 - 8:30 am (4) 11:00 - 1:30 pm (4) 1:30 - 4:30 pm (1) 4:30 - 6:00 pm (4)	1:30 - 4:30 pm (3)	8:30-9:30 am Sr. Water Exercise 9:30-10:30 am Sr. Water Exercise	Preschool (3-5) 9:45-10:15am School Age (6 & up) 10:20-11:00am	Swim Team 6:00 – 8:30 pm (4)
TUES	5:15 - 8:30 am (4) 11:00 - 1:30 pm (4) 1:30 – 3:55 pm (1)	1:30 – 3:55 pm (3)	8:30-9:30 am Sr. Water Exercise 5:45-6:30 pm Water Exercise	Waterbabies 5:30-6:00 pm Preschool (3-5) 9:45-10:15am or 6:00-6:30 pm School Age (6 & up) 10:15-11:00am or 6:35-7:15 pm	Swim Team 4:00 – 5:00 pm (4) 7:15 – 8:30 pm (4)
WED	5:15 - 8:30 am (4) 11:00 -1:30 pm (4) 1:30 – 4:30 (1) 4:30 - 5:55 pm (4) 7:00 - 8:30 pm (1)	1:30 - 4:30 pm (3) 7:00 - 8:30 pm (3)	8:30-9:30 am Sr. Water Exercise 9:30-10:30 am Sr. Water Exercise 6:00-7:00 pm Water Boot Camp	Preschool (3-5) 9:45-10:15 am School Age (6 & up) 10:20-11:00am	
THU	5:15 - 8:30 am (4) 11:00 - 1:30 pm (4) 1:30 – 3:55 pm (1) 7:15 – 8:30 pm (4)	1:30 – 3:55 pm (3)	8:30-9:30 am Sr. Water Exercise 5:45-6:30 pm Water Exercise	Waterbabies 5:30-6pm Preschool (3-5) 9:45-10:15 am or 6:00-6:30 pm School Age (6 & up) 10:20- 11am or 6:35-7:15 pm	Swim Team 4:00 – 5:00 pm (4)
FRI	5:15 - 8:30 am (4) 11:00 - 1:30 pm(4) 1:30 - 4:30 pm (1) 4:30 - 5:15 pm (1) 5:15 – 6:00 pm (4) 7:00 - 8:30 pm (1)	1:30 - 4:30 pm (3) 7:00 - 8:30 pm (3)	8:30-9:30 am Sr. Water Exercise 9:30-10:30 am Sr. Water Exercise	Preschool (3-5) 9:45-10:15 am School Age (6 & up) 10:20- 11:00 am	Youth Triathlon Training 4:30 – 5:15 pm (3) Swim Team 6:00 – 7:00 pm (4)
SAT	7:15 - 10:30 am (4) 12:00 - 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)			Youth Triathlon Training 10:30 -11:00 am (4) Swim Team 10:30 -12:00 pm (4)
SUN	9:15 am-1:30 pm (4)* *Adults Only 16+	1:30 – 5:00 pm (4)			

Thanks to many generous community supporters, the YMCA strives to not turn away anyone due to an inability to pay.



Pool Descriptions (schedules also found on website www.dmyymca.org)

<p style="text-align: center;">Lap Swim</p> <p>Lanes are first come, first serve. Lap Swim is designed to be a workout. We ask swimmers to share lanes and circle swim during their workout. Please be courteous to your 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 <u>CONTINUOUS LAPS</u> during Lap Swim Times.</p>	<p style="text-align: center;">Water Exercise</p> <p>Primarily in the deep end, this class is ideal for aerobic and muscle conditioning. Aqua belts and barbells are used to provide a great workout with no impact.</p>
<p style="text-align: center;">Swim Testing Procedures for Pool Users Age 16 and Under</p> <ol style="list-style-type: none"> 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. 	<p style="text-align: center;">Senior Water Exercise</p> <p>This class is great for staying active and flexible without the impact. Available to all ages.</p> <hr/> <p style="text-align: center;">Water Boot Camp</p> <p>Take your workout to the next level. 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. Great for cross training.</p>
<p style="text-align: center;">Open Swim</p> <p style="text-align: center;">Lifeguard ratio: 30 participants to 1 lifeguard</p> <p>This is a time for families to swim together.</p> <p style="text-align: center;">Children under the age of 9 must be accompanied by an adult or guardian at least 16 years of age.</p> <p>Children who need a lifejacket must be in the shallow end within an arm's reach of their parent/guardian.</p> <p style="text-align: center;">Youth must pass a swim test in order to swim in the deep water.</p>	<p style="text-align: center;">Swim Team</p> <p>Available to youth 5-16 who pass a tryout arranged with a swim team coach.</p> <p>Participants learn advanced swimming skills in a competitive environment while building endurance, speed and self-esteem.</p> <p>The team participates in the Central Hawkeye Swim Conference. Meets are usually on Mondays. Practices are evenings throughout the week and Saturday mornings.</p> <p style="text-align: center;">Call Aquatic Office at 471-8533.</p>
<p style="text-align: center;">Swim Lessons</p> <p>Waterbabies, Preschool, School Age, Adult (6 months old to adults)</p> <p style="text-align: center;">Flyers are available in the lobby</p> <p>Registration at the front desk is required. Call 282-9622.</p>	<p>Note: Private lessons may be scheduled during lap swim or open swim times. We try to accommodate members by scheduling during times when the pool is less busy.</p> <p>For more information or to register for programs: Riverfront front desk: 282-9622 Aquatic Coordinator: 471-8533 Email: amy.roland@dmyymca.org</p> <p>Schedules on website at: www.dmyymca.org</p>

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