

YAQUATICS™



NEW
2010 Schedule

Masters Swim Program YMCA swimFIT

The YMCA swimFit program is designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship, and camaraderie

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ankeny 5:00-6:00am	South Suburban 6:00-7:00am	Ankeny 5:00-6:00am	Waukee 5:30-6:30am	Walnut Creek 5:45-6:45am	Walnut Creek 11:00-12:00pm	South Suburban 3:00-4:00pm
Waukee 5:30-6:30am	YMCA Healthy Living Center 5:00-6:00pm	Walnut Creek 5:45-6:45am	South Suburban 6:00-7:00am	Waukee 6:15-7:15pm		
Walnut Creek 8:45-9:45pm		Waukee 8:45-9:45pm	YMCA Healthy Living Center 5:00-6:00pm			

UPDATED PRACTICE TIMES – Effective January 4, 2010

Members will be notified by coaches of any new or additional practice, these are also found on each branches pool schedule.

DATE: Ongoing Program

COST: \$25.00 monthly draft – YMCA Members Only

Credit card or Debit card draft only – First Month paid at sign-up

U.S. Masters Membership is additional

AGE: 18 and older

For more information the Y swimFIT Program

contact Sara Roberts

at 515-868-0509 or sara.roberts@dmymca.org



We build strong kids,
strong families,
strong communities.

www.dmymca.org

Financial Assistance

Thanks to many generous community supporters, the YMCA strives to not turn away anyone due to an inability to pay. Please ask about our financial assistance policy.

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.