



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

swimFIT – Master’s Swim Program

Our Y swimFit program is designed to help you improve your overall fitness and/or train to reach your specific goals. We support your choice for a healthy lifestyle through friendship, encouragement and advice from our well trained and experienced staff.

Ages

18 yrs of age and older

When

Practices are currently being offered at Ankeny, Walnut Creek, Waukee and Y Healthy Living Center.

As of July 11, 2011

Monday	Tuesday	Wednesday	Thursday	Saturday
Ankeny 5:00-6:00am Coach Jacob Waukee 5:30-6:30am Coach Jessica Walnut Creek 8:15-9:15pm Coach Mark	YHLC 5:15-6:15pm Coach Kevin	Ankeny 5:00-6:00am Coach Jacob Waukee 5:30-6:30am Coach Mark Waukee 5:00-6:00pm Coach Jessica	YHLC 5:15-6:15pm Coach Alissa	Walnut Creek 11:00-12:00pm Coach Alissa

Registration Information

Register online at www.dmymca.org – the program is listed under the Waukee Location
You may also register at service center at any local Y or call 987-9996.

Member

\$25.00 a month

Additional Info:

YMCA *swimFIT* is a healthy lifestyle activity that brings together adults who want swimming to be a part of their work out. Each practice has a coach on deck to help encourage you and lead you in a workout.

YMCA OF GREATER DES MOINES

Program Contact: Sara Roberts, Program Executive Director – sara.roberts@dmymca.org or 868-0509