



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

COUNCIL BLUFFS YMCA

POOL CLOSED

Tuesday-Friday

1:00 P.M.—3:30 P.M.

Family/Open Swim Schedule

Times listed below are available

Sunday	1:00 pm—4:30 PM
Monday	1:00-3:30 PM
Tues/Thurs	3:30-5:00 PM
Mon/Wed	3:30 PM -5:00 PM 6:30-8:00 PM
Friday	3:30 PM—8:00 PM
Saturday	1:00 PM-4:30 PM

NO LAP LANES ARE AVAILABLE DURING THE FOLLOWING TIMES:

Mon/Wed	6:30-7:30 PM
Tues/Thurs	5:15-7:30 PM
Saturday	8:45-11 AM
Sat/Sun	1:00 pm-4:30 PM

LAP SWIM SCHEDULE

The below listed times are for lap swimmers only. The available number of lanes are noted. Those times not listed are ONLY for open swim, water fitness, swim lessons, swim team, and other organized events.

Sunday	12:00 PM—1:00 PM	3 lanes
	1:00-4:30 PM	0 lanes
Mon/Wed/Fri	5:00 AM—8:30 AM	6 lanes
	8:30 AM—11:30 AM	3 lanes
	11:30 AM- 1:00 PM	6 lanes
Mon/Wed	3:30 PM—6:30 PM	3 lanes
	6:30 PM -8:00 PM	1 lane
Friday	3:30 PM-6:30 PM	3 lanes
	6:30- 8:00 PM	0 lanes
Tues/Thurs	5:00 AM—9:00 AM	6 lanes
	9:00 AM -9:45 AM	3 lanes
	11:45 AM -1:00 PM	6 lanes
	3:30 PM-5:15 PM	3 lanes
	5:15 PM-7:30 PM	0 lanes
	7:30 PM - 8:00 PM	2 lanes
Tuesday ONLY	9:45 AM-11:45 AM	1 lane
Thursday ONLY	9:45 AM- 11:45 AM	3 lanes
Saturday	6:30 AM—8:15 AM	6 lanes
	8:15 AM- 8:45 AM	3 lanes
	8:45 AM—11:00 AM	0 lanes
	11:00 AM- 1:00 PM	6 lanes



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SWIM LESSON SCHEDULE

COUNCIL BLUFFS YMCA

AQUATIC SESSION DATES	6-12 year old lessons
7 Week Sessions	Polliwog
Fall I 2010: September 5– October 23	Tu 5:25-6:00 pm & 6-6:30 pm
Registration: August 23	Th. 5:25-5:55 pm & 6 –6:30 PM
Tuesdays: 9/7-10/19; Thursdays: 9/9-10/21	Sat. 9:00– 9:30 AM
Saturdays: 9/11-10/23	
Fall II Session: October 24– December 18	Guppy
Registration: October 11	Tu. 6:35-7:15 PM
Fees: Member \$34 ; Non: \$59	Th 7:10-7:50 pm
	Sat. 10:10-10:50 AM
	Minnow
6 months - 3 year old lessons– Shrimp	Tu. 6:35-7:15 PM
Tues. 9:35– 10:05 AM	Th. 7:10-7:50 PM
Thurs. 6:35-7:05 PM	Sat. 10:10-10:50 AM
Sat. 9:35-10:05 AM	
3-5 year old lessons	Fish/Flying Fish/ Shark
Pike	Sat. 10:10-10:50 AM
Tues. 5:25-5:55 PM & 6-6:30 PM	
Thurs. 5:25-5:55 PM & 6-6:30 PM	Adult Swim Lessons
Sat. 9-9:30 AM & 9:35-10:05 AM	Saturdays 10:15-11 AM
Eel	
Tues. 5:25-5:55 pm & 6 – 6:30 pm	On-line registration is available:
Thurs. 5:25-5:55 pm & 6:35-7:05 pm	www.metroymca.org
Sat. 9:00-9:30 AM	Questions?
Ray	Contact Courtney Stoffel
Thurs. 6-6:30 PM	(712)322-6606 ext. #17
	Cstoffel@metroymca.org
Ray /Starfish	
Tues. 6:35-7:05 PM	
Thurs. 6:35-7:05 PM	
Sat. 9:35-10:05 AM	

Fall Swim Team
Open to any child able to swim one length of the pool.
<i>Meets are one Saturday a month in November</i>
<i>and December</i>
<i>and 2 times a month in January and February.</i>
Season runs October 25– Mid– February
Practices: Monday, Wednesday, Friday
6:30-7:30 PM
Member's Only; \$75.00 per participant

Private Swim Lessons
<i>Members: \$25 / Lesson</i>
<i>Non-Members: \$50 / Lesson</i>
Contact: Courtney Stoffel, Aquatics Director to Register. Questions accepted.
712-322-6606 / cstoffel@metroymca.org



LESSON DESCRIPTIONS

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Parent/Child

Shrimp (6-36 months and their parents): This is an introduction to the aquatics environment for parents and their infants. Parents are encouraged to develop appropriate expectations for their children's performance in the water. They learn basic aquatic safety and have a positive experience with their children that helps them bond.

Preschool (Ages 3 to 5 years)

Pike (3-5 years): This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety, proper use of IFDs and PFDs, and comfort with holding the face in water while blowing bubbles and swimming.

Eel (3-5 years): This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, dive, float, and perform the progressive paddle stroke. They also learn basic boating safety and use of PFDs. Children can swim across the pool with assistance by the end of this level.

Ray (3-5 years): At this level children review previous skills, improve stroke skills, learn more personal, safety, and rescue skills, build endurance by swimming on their front and back, and learn to tread water and perform more progressive diving skills. Children can swim across the pool on their front and back with assistance by the end of this level.

Starfish (3-5 years): Children at this level review previously learned skills and refine their strokes as well as their personal safety, rescue, and floating skills. They also learn underwater swimming skills. Children can swim a length of the pool on their front and back at the end of this level.

Youth Program (Ages 6 and up)

Polliwog: This is the beginning level for school-age children. It gets children acquainted with the pool, the use of floatation devices, and floating. By the end of this level, they should know the front paddle stroke, side and back paddle. Children can swim across the pool with assistance by the end of this level.

Guppy: The children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke and elementary backstroke. Some diving skills are taught. Children can swim a length of the pool without assistance by the end of this level.

Minnow: This is the initial intermediate level. The children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. They learn still more diving skills, personal safety, boating and rescue.

Fish: At this point, students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and sidestroke with turns. They are introduced to the butterfly stroke. They continue learning diving skills, personal safety skills boating and rescue skills.

Flying Fish: At this advanced level, students work on refining their strokes and increasing their endurance. They learn more about boating safety, personal safety and rescue procedures.

Shark: The students at this level continue to improve their strokes, with starts and turns, and are introduced to the inverted breaststroke, the trudgen crawl, and the overarm sidestroke. Opportunities are provided for further work on personal safety, boating safety, and rescue skills.

Adult Lessons (18 and Over)

Adult Beginner/Lobster: This class is for adults who don't feel at ease in the water or who have never participated in swim lessons. Non-swimmers are taught basic swimming skills and water safety.

Adult Stroke Improvement: These are classes for adults who are comfortable in the water and who would like to work on stroke development/refinement and endurance. It is perfect for those who have limited swimming skills and would like to improve their techniques.



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COUNCIL BLUFFS WATER FITNESS SCHEDULE

September 5– October 23

Weekend Classes				
Saturday	8:30-9:15 AM Cardio Combo Ernie M.	Sunday	12:15-1:00 PM Pre-Natal Water Exercise Kat	
Monday	Tuesday	Wednesday	Thursday	Friday
AM Classes				
8:30-9:15 AM Aqua Joints Alyce H.		8:30-9:15 AM Aqua Joints Alyce H.		8:30-9:15 AM Aqua Joints Alyce H.
9-9:45 AM Deep Water Kim B.		9-9:45 AM Deep Water Kim B.		9-9:45 AM Deep Water Kim B.
9:30– 10:15 AM Aqua Joints Ethel S.	9:00—9:45am Aquacise Kat C.	9:30– 10:15 AM Aqua Joints Ethel S.	9:00—9:45am Aquacise Kat C.	9:30– 10:15 AM Aqua Joints Ethel S.
10:30– 11:00 AM Aqua Muscle Team Taught		10:30– 11:00 AM Aqua Muscle Team Taught		10:30– 11:00 AM Aqua Muscle Team Taught
PM Classes				
5:30-6:15 PM Aquacise	5:30-6:15 PM Poolates Kristen S.	5:30-6:15 PM Water Interval Kat C.	5:30-6:15 PM Aquacise	
5:30-6:15 PM Deep Water Jean D.		5:30-6:15 PM Deep Water—Jean 5:30-6:15 Pm Adult Stroke Improvement— Tom Members: FREE Non: \$34.00		

Cost:	1 day/week	2days/week	3days/week
Members:	Free	Free	Free
Non-Members:	\$59	\$118	\$176



WATER FITNESS DESCRIPTIONS

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Pre– Natal Water Exercise: An aquatic exercise class specifically designed for expecting mothers. The many benefits from pre-natal aqua exercise include natural buoyancy of the body which decreases stress to the lower back, and lower extremities.

Aqua Joints: for people with mild arthritis, bursitis, knee problems, or muscle or joint stiffness to take advantage of buoyancy properties of water for support, flexibility, and resistance while building strength and muscle tone.

Aqua Muscle: This complete workout includes aerobics with the added benefit of water resistance. Focus is on muscular strength and endurance while incorporating an aerobic workout. No swimming experience required.

Aquacise: An aerobic workout without traumatic impact to the joints. Develop increased muscular tone, flexibility, and cardiovascular endurance. No swimming experience required.

Deep Water Workout: A great workout with water belts. If you want a higher-intensity water workout with no impact on your joints, this is what you've been looking for. You must be comfortable in deep water.

Water Interval: For all fitness levels. This class combines moderate and high-intensity levels for a total body workout.

Poolates: A relaxing and stress-relieving program. Yoga and Pilates in the pool. We'll focus on stretching and flexibility .

Cardio Combo: An aquatics class that features a high intensity cardiovascular workout. It includes lap swimming, water weights, kick boards along with many strength training devices.

Adult Stroke Improvement: These are classes for adults who are comfortable in the water and would like to work on stroke development/refinement, and endurance. It is perfect for those who have limited swimming skills and would like to improve their techniques. Members are free, Non-Members: \$34.00.