



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Mills County YMCA

110 Sivers Road Glenwood Iowa 51534 Phone 712.527.4352

Mills County YMCA

Open Pool Schedule

Effective 09/07/10

(subject to change at any time)

During times other than those listed below, the pool is closed for YMCA swim lessons. Parts of the pool are closed for water exercise classes and swim team. For information on these activities, please consult the YMCA program Guide, or visit our Member Service Center.

Pool Hours

Monday - Thursday 5am - 8pm
(Pool Closed from 12:30-3:30pm)

Friday 5am - 7pm
(Pool Closed from 12:30-3:30pm)

Saturday 8am - 4:30pm

Sunday 12pm - 3pm

Family Recreational Pool

Times listed below are available for open swim

Sunday	12pm-3pm
Monday & Wednesday	9:30am-11:30am 3:30pm-8pm
Tuesday & Thursday	9:30am-11:30am 3:30-8pm
Friday	9:30am-11:30am 3:30-7pm
Saturday	8am -4:30pm

Lap Pool

Times listed below are available for lap swimmers. Available lanes are noted

Sunday	12pm -3pm	4 Lanes
Monday &	5am - 6:15am	4 Lanes
Wednesday	6:15am -7:05am	1 Lane
	7:20am - 8am	4 Lanes
	8am-9:30am	1 Lane
	9:30-12:30	4 Lanes
	3:30pm- 6pm	4 Lanes
	6-7pm	1 Lane
Tuesday &	5am - 6:15am	4 Lanes
Thursday	6:15am - 7:05am	1 Lane
	7:20am -12:30pm	4 Lanes
	3:30-5:30pm	4 Lanes
	7pm-8pm	1 Lane
Friday	5am - 6:15am	4 Lanes
	6:15am -7:05am	1 Lane
	7:20am—8am	4 Lanes
	8am - 9:30am	1 Lane
	9:30am - 12:30pm	4 Lanes
	3:30pm - 7pm	4 Lanes
Saturday	8am - 4:30pm	4 Lanes



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Mills County YMCA

110 Sivers Road Glenwood Iowa 51534 Phone 712.527.4352

AQUATIC SESSION DATES

7 Week Sessions
Fall 1
September 7 - October 23

Fee: Member \$34.00
Non Member \$59.00



Pre School Classes 3- 5 year old lessons

Shrimp

Tuesday Night 6:15-6:45pm

Pike

Tuesday Night 5:30-6:00pm

Eel

Tuesday Night 5:30-6:00pm

Ray/Starfish

Tuesday Night 6:15-6:45pm

School Age Classes 6 - 14 year old lessons

Polliwog I & II

Tuesday Night 6:15 -6:45pm

Guppy

Tuesday Night 5:30 - 6:05pm

Minnow

Tuesday Night 6:15-6:55pm

Fish

Tuesday Night 6:15-6:55pm

Flying Fish/ Shark

Tuesday Night 6:15-6:55pm

Private Swim Lessons

Contact: Alison Chambers, Aquatics Director to sign up
or if you have question at:
712-527-4352 / achambers@metroymca.org

Members: \$20/ Lessons
Non Members: \$40/Lessons
Lessons are 1/2 hour sessions



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Mills County YMCA

110 Sivers Road Glenwood Iowa 51534 Phone 712.527.4352

Preschool Levels: Ages 6 months—5 years

Shrimp (Parent/Child): This class is for children 6 months—3 years and their parents! The primary objective is to get both the parents and the child comfortable in the water. Class is designed to allow the child to have fun in the water while the parent guides him/her to learn aquatic skills. The child will be exposed to kicking, arm strokes, & breath control.

Pike (Beginning Skills): In this level, children will develop safe pool behavior, adjust to the water and develop independent movement in the water. It is designed for new swimmers, introducing skills such as blowing bubbles, going under water, floating, and kicking. Children also learn the paddle stroke, pool safety, and proper use of flotation devices and PFDs (lifejackets). Upon passing this level, children are comfortable in the water.

Fel (Intermediate Skills): This level reinforces skills learned in the Pike level and is for children who are already comfortable in the water. Skills taught and practiced are floating independently, kicking, diving, and the paddle stroke. They also learn basic boating safety and use of PFDs (lifejackets). Children can swim across the pool without assistance by the end of this level (but with a float belt).

Ray/Starfish (Advanced and Creative Skills): At this level children review previously learned skills and refine their strokes. They work on swimming the front paddle, back paddle, side paddle, and elementary backstroke. They learn more personal, safety, and rescue skills, and learn to tread water and dive. They also learn under water swimming skills. Children can swim the length of the pool on their front and back with a flotation device by the end of this level.

School-Age Levels: Ages 6 and up

Polliwog (Beginner I): The beginning level for school-age children. After learning to float and kick, children will learn the front paddle stroke, side paddle stroke, and back paddle stroke. Other skills introduced are treading water and diving. Children can swim the length of the pool using a flotation device by the end of this level.

Guppy (Beginner II): Skills taught at this level are the lead-up strokes to the front and back crawl, side stroke, breaststroke and elementary backstroke. Children can swim the pool's length without assistance at the end of this level.

Minnow (Intermediate I): Children will further refine the lead-up strokes from Guppy level and be introduced to the breaststroke. They will be able to swim the length of each stroke by the end of this level.

Fish (Intermediate II): Students work to perfect the crawl stroke, elementary backstroke, back-crawl and side stroke with turns. They continue to work on the breaststroke and are introduced to the butterfly stroke.

Flying Fish (Advanced): At this level, students work on refining all of the strokes and increasing endurance to swim longer distances. Skills introduced include: Individual Medley, flip turns, and rescue skills.

Shark (Swimmer): Student continue to improve their strokes with starts and turns, and are introduced to the inverted breaststroke, trudgen crawl and the overarm sidestroke. Lifesaving skills are practiced at this level and prepare swimmers to take a Junior Lifesaving, or Lifesaving Course.

Adult Lessons: Ages 18 and Over

Adult Beginner Swim Lessons: Have you always wanted to learn to swim, but just couldn't get up the courage? Our instructors are patient and understanding. Have fun learning basic swimming skills such as floating, kicking, breath control, and stroke skills such as the front and back crawl.

Adult Stroke Improvement Lessons: Fitness swimming is for all swimmers. This class includes an evaluation of your strokes, coupled with an emphasis in endurance training to encourage fitness swimming. If you don't already know all 4 of the competitive swimming strokes, you will by the end of the session!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Mills County YMCA

110 Sivers Road Glenwood Iowa 51534 Phone 712.527.4352

Fall 1 2010 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Classes						
	Aquacise 6:15-7:00am Ami 1 Lap Lane Open	Aqua Pilates 6:15-7:00am Marlene 1 Lap Lane Open	Deep Water Aqua Pilates 6:15-7:00am Marlene 1 Lap Lane Open	Aqua Pilates 6:15-7:00am Marlene 1 Lap Lane Open	Aquacise 6:15-7:00am Ami 1 Lap Lane Open	
	Aqua Joints 8:00-8:45am Kim 1 Lap Lane Open		Aqua Joints 8:00-8:45am Kim 1 Lap Lane Open		Aqua Joints 8:00-8:45am Kim 1 Lap Lane Open	
	OWLS 8:45-9:00am 1 Lap Lane Open		OWLS 8:45-9:00am 1 Lap Lane Open		OWLS 8:45-9:00am 1 Lap Lane Open	
PM Classes						
				After School Kids 4:00 - 5:00pm		
	Aqua Variety 6:00 - 7:00pm Kris 1 Lap Lane Open	Swim Lessons 5:30 - 7:00pm Pool Closed No Lap Lane Open	Deep Water 6:00 - 7:00pm Michele 1 Lap Lane Open			
		Swim Team 7:00 - 8:00pm 1 Lap Lane Open		Swim Team 7:00 - 8:00pm 1 Lap Lane Open		