



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## MAPLE STREET YMCA

**Effective 9/7/2010-10/23/2010**

(subject to change at any time)

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

### Family and Open Swim Family swim is denoted with \*

Sunday	1:30-3:00 pm	3 lanes
Monday	3:00-5:00 pm	2 lanes
Tuesday	3:00-5:00 pm	2 lanes
Wednesday	3:00-5:00 pm *6:00-7:30 pm	2 lanes 4 lanes
Thursday	3:00-5:00 pm	2 lanes
Friday	3:00-5:00 pm *7:30-8:30 pm	2 lanes 4 lanes
Saturday	1:00-4:00 pm	3 lanes

### Water Walking and Deep Water Jogging ww = Water Walking      Deep = Deep Water Jogging

Sunday	12:00-1:30 pm ww	2 lanes
Monday	8:00-10:15 am ww 10:15-11:00 am Deep	2 lanes Deep
Tuesday	8:00-10:15 am ww 10:15-11:00 am Deep	2 lanes Deep
Wednesday	8:00-10:15 am ww 10:15-11:00 am Deep 7:30-8:15 pm	2 lanes Deep Deep
Thursday	8:00-10:15 am ww 10:15-11:00 am Deep	2 lane Deep
Friday	8:00-10:15 am ww 10:15-11:00 am Deep	2 lanes Deep
Saturday	7:00-8:30 am ww 8:30-9:15 am	2 lanes Deep

### Senior Swim Monday-Friday 2:00-3:00 pm

Monday-Friday	2:00-3:00 pm	2 lanes
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### Lap Pool

Sunday	12:00-1:30 pm 1:30-3:00 pm	2 lanes 1 lane
Monday	5:45-8:00 am 8:00-10:15 am 11:00 am-1:00 pm 2:00-3:00 pm 3:00-5:00 pm 8:15-9:00 pm	4 lanes 2 lanes 4 lanes 1 lane 2 lanes 4 lanes
Tuesday	5:45-8:00 am 8:00-10:15 am 11:00 am-2:00 pm 2:00-3:00 pm 3:00-5:00 pm 5:00-6:00 pm 8:30-9:00 pm	4 lanes 2 lanes 4 lanes 1 lane 2 lane 4 lanes 4 lanes
Wednesday	5:45-8:00 am 8:00-10:15 am 11:00 am-1:00 pm 2:00-3:00 pm 3:00-5:00 pm 5:00-6:00 pm 8:15-9:00 pm	4 lanes 2 lanes 4 lanes 1 lane 2 lanes 4 lanes 2 lanes
Thursday	5:45-8:00 am 8:00-10:15 am 11:00 am-1:00 pm 2:00-3:00 pm 3:00-5:00 pm 5:00-5:45 pm 8:00-9:00 pm	4 lanes 2 lanes 4 lanes 1 lane 2 lanes 4 lanes 4 lanes
Friday	5:45-8:00 am 8:00-10:15 am 11:00-12:00 pm 12:00-1:00 pm 2:00-3:00 pm 3:00-5:00 pm 5:00-6:00 pm	4 lanes 2 lanes 2 lanes 4 lanes 1 lane 2 lanes 4 lanes
Saturday	7:00-8:30 am 11:30-1:00 pm 1:00-4:00 pm	2 lanes 4 lanes 1 lane



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# POOL SCHEDULE

## MAPLE STREET YMCA

Monday – Friday  
Saturday  
Sunday

5:45 a.m. – 9:00p.m (*Fridays in Summer close at 8:30pm*)  
7:00a.m. – 4:00 p.m.  
12:00 p.m. – 5:00 p.m.

The pool may be closed for 10 minutes to allow the guard a break every 2 hours of shift.

### Lap Swim and Water Walking Rules

During Lap Swim times and water walking times there will be a lane line dividing the pool into equal halves.

Swimmers age 17 and under must first take a deep water swim test. The pool must be cleared to take the test.

Lap Swimmers are welcome to use pull buoys, kickboards and water weights.

You may need to circle swim in there are many swimmers.

### Family Swim Rules

Families must be in the pool together during Family Swim.

Children under the age of 8 years old must have an adult (18+) in the pool water with them.

Appropriate swim wear must be worn in the pool. Clothing is not allowed in the pool.

Anyone age 17 and younger must take a deep water swim test to swim in the deep end during open swim. After passing the test a bracelet must be worn while swimming and returned after swimming. Swim tests may only be taken during rest breaks and right when open swim starts.

Only Coast Guard approved flotation devices are allowed (life jackets). No water wings, inner tubes, or swim suits with flotation devices inside of them. Flotation devices are only to be used in the shallow water. Adults need to be in arms length of child using life-jacket if being used to assist swimming.

Noodles, lifejackets and balls may be used in the shallow water only. Diving rings may be used in the deep water.

### Deep Water Jogging

Deep end of pool available for jogging only.

### Open Swim Rules

Children under the age of 8 years old must have an adult (18+) in the pool water with them.

Appropriate swim wear must be worn in the pool. Clothing is not allowed in the pool.

Anyone age 17 and younger must take a deep water swim test to swim in the deep end during open swim. After passing the test a bracelet must be worn while swimming and returned after swimming. Swim tests may only be taken during rest breaks and right when open swim starts.

During open swim, the lifeguard may call a rest break every hour, if applicable.

Only Coast Guard approved life jackets are allowed. No water wings, inner tubes, or swim suits with flotation devices inside of them. Flotation devices are only to be used in the shallow water. Adults need to be in arms length of child using life-jacket if being used to assist swimming.

Noodles, lifejackets and balls may be used in the shallow water only. Diving rings may be used in the deep water.

### Water Aerobics

Members may drop in. Please see the Water Aerobics flyer for classes and descriptions. Non-members must register. Ages 17 and under, must take a deep water swim test to participate in the deep water.

### Swim Lessons and Swim Team

Must pre-register for these programs, please see flyers.

### Senior Swim

For Seniors only. Pool is open for seniors to swim, exercise, or shoot hoops in the Pool Shot basketball hoop.



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# WATER EX SCHEDULE

MAPLE STREET YMCA

September 7-October 23  
Schedule Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM Classes</b>					
					8:30-9:15 am <b>Water Boxing</b> Anna
10:15-11:00 am <b>Active Older Adults Aquacise</b> Catherine	10:15-11:00 am <b>Silver Splash</b> Catherine	10:15-11:00 am <b>Active Older Adults Aquacise</b> Toby	10:15-11:00 am <b>SilverSplash</b> Catherine	10:15-11:00 am <b>Active Older Adults Aquacise</b> Catherine	
<b>PM Classes</b>					
7:30-8:15 pm <b>Aquacise</b> Bri		7:30-8:15 pm <b>Aquacise</b> Bri			
7:30-8:15 <b>Deep Water</b> Monica		7:30-8:15 <b>Deep Water</b> Monica			

**Cost:**

	1 day/week	2days/week	3days/week
Members:	Free	Free	Free
Non-Members:	\$59	\$118	\$176
Sessions for Non-Members	Fall: September 7-October 23		



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# WATER EX SCHEDULE

MAPLE STREET YMCA

## Water Aerobics Class Descriptions

### Aquacise

**Mon Wed 7:30 pm**

Moderately high aerobics workout without traumatic impact to the joints. Develop increase muscular tone, and flexibility. No swimming experience required.

### Active Older Adults Aquacise

**Mon Wed Fri 10:15 am**

Low aerobics workout without traumatic impact to the joints. Develop increase muscular tone, and flexibility. No swimming experience required.

### SilverSplash®

**Tue Thu 10:15 am**

A fun aerobics class just for seniors. Combines moderate aerobics workout with flexibility, and muscular resistance.

### Deep Water Workout

**Mon Wed 7:30 pm**

A high intensity water workout with no impact on your joints. Must be comfortable in the deep water. Noodles or belts are used during class.

### Water Boxing

**Sat 8:30 am**

This innovative class combines standard water aerobic exercises with boxing punches, kicks and combinations. The effect is an intense cardiovascular workout that builds muscular strength and endurance while burning calories

### Non-member Prices

3 Day Classes

Non-member \$177

2 Day Classes

Non-member \$118

1 Day Classes

Non-member \$59



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# SWIM LESSONS

## MAPLE STREET YMCA

### Swim Lessons—Evening Weekend Classes

**Fall 1:** September 7th-October 23  
**Registration:** Members: August 23, 2010  
 Non-members: August 27, 2010  
**Fees:** Member: \$34  
 Non-members: \$59



Parent/Child Lessons	School-Age (Ages 6 and Up)
<p><b>Shrimp</b>            Shrimp: Mon 6:50-7:20 P <small>Members: \$29 Nonmembers: \$51</small>            Shrimp: Thu 6:00-6:30 P            Shrimp: Sat 10:05-10:35 A</p> <p><b>Almost 3</b> (5 week class: Members \$24, Non-Members \$42)            Almost 3: Sat 9:30-10:00 A (Starts September 25)</p>	<p><b>Polliwog</b>            Polliwog: Sun 3:50-4:20 P            Polliwog: Mon 7:00-7:30 P <small>Members: \$29 Nonmembers: \$51</small>            Polliwog: Thu 6:35-7:05 P            Polliwog: Sat 9:30-10:00 A</p> <p><b>Guppy</b>            Guppy: Sun 3:00-3:45 P            Guppy: Mon 6:15-7:00 P <small>Members: \$29 Nonmembers: \$5</small>            Guppy: Thu 5:45-6:30 P            Guppy: Sat 10:40-11:25 A</p> <p><b>Minnow</b>            Minnow: Sun 4:25-5:10 P            Minnow: Mon 6:15-7:00 P <small>Members: \$29 Nonmembers: \$51</small>            Minnow: Thu 7:10-7:55 P            Minnow: Sat 10:40-11:25 A</p> <p><b>Fish</b>            Fish: Sun 4:25-5:10 P            Fish: Thu 5:45-6:30 P</p> <p><b>Flying Fish/Shark</b>            Flying Fish/Shark: Thu 7:10-7:55 P</p> <p><b>Wave Makers (NonCompetitive Swim Team)</b>            Waver Makers: Sat 9:30-10:15 A <small>Ages 8 and Under</small>            Waver Makers: Sat 10:15-11:00 A <small>Ages 9 and Over</small></p>
Preschool (Ages 3-5)	Adult Lessons
<p><b>Pike</b>            Pike: Sun 3:00-3:30 P or 3:35-4:05 P            Pike: Mon 6:15-6:45 P or 7:00-7:30 P <small>Members: \$29 Nonmembers: \$51</small>            Pike: Thu 6:00-6:30 P or 6:35-7:05 P            Pike: Sat 9:30-10:00 A or 10:05-10:35 A</p> <p><b>Eel</b>            Eel: Sun 3:00-3:30 P            Eel: Mon 7:00-7:30 P <small>Members: \$29 Nonmembers: \$51</small>            Eel: Thu 6:35-7:05 P            Eel: Sat 10:05-10:35 A</p> <p><b>Ray/ Starfish</b>            Ray/Starfish: 3:35-4:20 P            Ray/Starfish: Mon 6:15-7:00 P <small>Members: \$29 Nonmembers: \$51</small>            Ray/Starfish: Thu 6:35-7:20 P            Ray/Starfish: Sat 10:40-11:25 A</p>	<p><b>Adult Beginner:</b> Tue 7:30-8:00 P  <b>Adult Stroke Improvement:</b> Tue 8:00-8:30 P</p>
<p><b>On-line registration is available at: <a href="http://www.metroymca.org">www.metroymca.org</a></b></p>	

Please contact Jill Schoenherr, Aquatics Director at

[jschoenherr@metroymca.org](mailto:jschoenherr@metroymca.org) or 393-3700 with any questions.

**Credit/Refund Policy:** Persons withdrawing from a class will receive a credit memo which may be applied to another program fee within a 12 month period at the Maple Street YMCA. Person cancelling prior to the beginning of the program may request a refund in the form of a check minus a \$5. administrative handling fee. Credits are not refunded for lightning or snow. No make-up lessons are allowed if a lesson is missed.



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# SWIM LESSONS

## MAPLE STREET YMCA

### 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.

**Almost 3-** This program is designed to help 2 year olds adapt to swim lessons. Parents are required to join in the first 3 lessons and the last two lessons the children are in class with the instructor. This class makes a fun and smooth transition from the Shrimp class to the Pike class for 2 year olds.

### Preschool (Ages 3 to 5 years)

**Pike:** 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:** 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:** 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:** 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.

### School-Age (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 breast-stroke, the trudgen crawl, and the overarm sidestroke. Opportunities are provided for further work on personal safety, boating safety, and rescue skills.

**Wave Makers:** Non-Competitive Swim Team. Are you interested in being on a swim team or just like fitness, this class is for you!

### Adult Lessons

**Adult Beginner:** 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.