



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE

**SOUTHWEST YMCA
FALL 2010 - EFFECTIVE 9/5/2010**

Family Recreational Pool

Times listed below are available for open swim

Sunday	12:00pm—3:00pm
Monday	5:30am—5:15pm 8:00pm—9:45pm
Tuesday	5:30am—5:15pm 8:15pm—9:45pm
Wednesday	5:30am—5:15pm 8:00—9:45pm
Thursday	5:30am-9:45pm
Friday	5:30am—7:45pm
Saturday	7:00am—9:45am 12:00pm—4:45pm

Facility Hours:

Sunday: 12:00—7:00 p.m.
Monday-Thursday: 5:30 a.m.—10:00 p.m.
Friday: 5:30 a.m.—8:00 p.m.
Saturday: 7:00 a.m.— 5:00 p.m.

Note: All swimmers under the age of 18 will need to take the **deep end test each day** before entering the lap pool or slide area during open swim. Children will not be allowed to lap swim

ALL CHILDREN UNDER THE AGE OF 8 MUST BE ACCOMPANIED BY AN ADULT IN THE WATER WITH THEM AT ALL TIMES.

Lap Pool

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

Sunday	12:00am—3:45pm 3:45pm—6:45	3 lanes 1 lane
Monday	5:30am—10:00am 10:00am—11:00am 11:00am—5:45pm 5:45pm—8:15pm 8:15pm—9:45pm	3 lanes 1 lane 3 lanes 0 lanes 3 lanes
Tuesday	5:30am—9:15am 9:15am—10:15am 10:15am—5:15pm 5:15pm—8:15pm 8:15pm—9:45pm	3 lanes 1 lane 3 lanes 0 lanes 3 lanes
Wednesday	5:30am—10:00am 10:00am-11:00am 11:00am—6:30pm 6:30pm—8:15pm 8:15pm—9:45pm	3 lanes 1 lane 3 lanes 0 lanes 3 lanes
Thursday	5:30am—9:15am 9:15am—10:15am 10:15am—5:30pm 5:30pm-8:15pm 8:15pm—8:45pm	3 lanes 1 lane 3 lanes 0 lanes 3 lanes
Friday	5:30am—8:30am 8:30am—11:00am 11:00am—6:00pm 6:00pm—7:00pm 7:00pm—7:45pm	3 lanes 1 lane 3 lanes 0 lanes 3 lanes
Saturday	7:00am—8:00am 8:00am—9:00am 9:00am—4:45pm	3 lanes 1 lane 3 lanes



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SWIM LESSONS SCHEDULE

SOUTHWEST YMCA

EVENING AQUATIC SESSION DATES	
<u>Monday Lessons are 6-Week Sessions Due to Labor Day</u>	
FALL I: Week of September 5th— Week of October 23rd	
Registration Begins:	Pricing:
August 23rd: Members	\$29.00 (6Wk) or \$34.00 (7Wk)
August 27th: Non-Members	\$51.00 (6Wk) or \$59.00 (7Wk)
Lessons for Ages 0 to 3	Lessons for Ages 6 to 12
Shrimp Sundays: 4:40P Mondays: 6:50P Wednesdays 6:15P Saturdays: 10:40A	Polliwog Sundays: 3:50P; 5:15P Mondays: 5:30P; 7:30P Tuesdays: 5:30P; 7:30P Wednesdays: 6:15P Saturdays: 10:00A
Lessons for Ages 2 to 5	
Pike With Parents Sundays: 4:40P Mondays: 6:50P Wednesdays: 6:15P Saturdays: 10:40A	Guppy Sundays: 3:50P; 5:15P Mondays: 7:00P Tuesdays: 7:30P Wednesdays: 7:00P Saturdays: 11:20A
Lessons for Ages 3 to 5	
Pike Sundays: 3:15P; 4:00P Mondays: 5:40P; 6:15P; 6:50P Tuesdays 6:15P; 6:50P Wednesdays 6:15P; 6:50P Saturdays: 10:00A; 11:20A Eel Sundays: 3:15P; 4:00P; 4:40P Mondays: 5:40P; 6:15P; 6:50P Tuesdays: 6:15P; 6:50P Wednesdays: 6:15P; 6:50P Saturdays: 10:00A; 11:20A	Minnow/Fish Combo Sundays: 5:15P Tuesdays: 6:50P Wednesdays: 7:30P Flying Fish/Shark Combo Sundays: 6:00P Wednesdays: 7:30P
	Gym and Swim PLUS
	\$42.00 Members \$84.00 Non-Members Wed/Fri 9:15a-11:45a Tue/Thurs 9:15a-11:45a

Private Swim Lessons
Members: \$25 / Half-Hour Lesson Non-Members: \$50 / Half-Hour Lesson *If there are more than two children in the lesson, the second child is half the cost. Contact: Mary Robinson, Lessons Coordinator, to sign up or if you have questions at: 402-334-8487 / mrobinson@metroymca.org

Preschool/Youth Morning Lessons (2 x Per Week)
Members: \$34.00 (WF) \$39.00 (T/TH) Non-Members: \$59.00 (WF) \$68.00 (T/TH) Lessons Will Be On Either Tues & Thurs or Wed & Fri For 4 Weeks Starting September 7th or 8th—September 29th or 30th Shrimp: T/Th 9:50A; W/F 9:50A Pike With Parents: T/Th 9:50A; W/F 9:50A Pike: T/Th 9:15A; W/F 9:15A; 11:15A Eel: T/Th 9:15A; 11:15A; W/F 9:15A Ray/Starfish Combo: T/Th 9:50A; W/F 9:50A Polliwog: T/Th 11:15A; W/F 11:15A Guppy / Minnow Combo: T/Th 10:30A; W/F 10:30A

Fall Swim Team
Fall Swim Team Registration Will Begin August 1st. Practices Will Begin the Week of September 5th. Meets Will Be Held At Various YMCA's in Easter Nebraska. Participants MUST Be YMCA Members to Participate. Cost: \$300.00 1 Child/ \$550.00 2 Children

Adult Classes
\$40.00 Members \$60.00 Non-Members Extreme Beginner Lessons Mon 7:30P; Sat 9:00A Stroke Improvement Tues 7:30P Master Class Prep Wed 7:30P Master Class Thurs 7:30P



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.

Porpoise: At this final level, students are exposed to a wide range of aquatic experiences through a class or club format. In class these advanced swimmers learn new strokes and rescue skills, as well as develop leadership skills. Through the club, they try various aquatic sports and games. Students also work on maintaining their endurance on their swimming strokes.

Adult Lessons (18 and Over)

Adult Beginner: This class is for adults who don't feel at ease in the water or who have never participated in swim lessons. Nonswimmers 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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WATER FITNESS SCHEDULE

SOUTHWEST YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Classes					
				8:30a-9:15a Deep Water Workout Geri	8:00a-9:00a Aquacise Nancy
	9:15a-10:15a Aquacise Kim		9:15a-10:15a Aquacise Kim		
10:00a-11:00a Aquacise Paula		10:00a-11:00a Aquacise Paula		10:00a-11:00a Aquacise Paula	
PM Classes					
	5:30p-6:30p Aquacise Nancy		5:30p-6:30p Aquacise Nancy		
		6:30p-7:30p Hydrofit Emily	6:30p-7:30p Aquacise Nancy		
			7:30p-8:30p Hydrofit Kim		

Aquacise

This is an aerobic workout without traumatic impact to the joints. Results include increased muscular tone, flexibility, and cardiovascular endurance. No swimming experience required.

Hydrofit

A great toning and water-fitness class in deep water. You don't need to be able to swim to join this class.

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.

Cost:

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