



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS

## FALL POOL SCHEDULE (starts September 4)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird Aqua 6:00-6:45 am	Lap/Exercise 6:00-7:30 am	Early Bird Aqua 6:00-6:45 am	Lap/Exercise 6:00-7:30 am	Early Bird Aqua 6:00-6:45 am	
Lap/Exercise 6:45-7:45 am		Lap/Exercise 6:45-7:45 am		Lap/Exercise 6:45-7:45 am	Lap/Exercise 7:45-8:45 am
Aqua Medley 8:15-9:00 am		Aqua Medley 8:15-9:00 am			Swim Team 8:45-10:00 am
Aqua Power II 9:00-10:00 am	Arthritis Aqua 9:15-10:00 am	Aqua Power II 9:00-10:00 am	Arthritis Aqua 9:15-10:00 am	Aqua Power II 9:00-10:00 am	
Aqua Power 10:00-11:00 am	Aqua Interval 10:00-11:00 am	Aqua Power 10:00-11:00 am	Aqua Interval 10:00-11:00 am	Aqua Power 10:00-11:00 am	
Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00-1:00pm
	Open Swim 3:30-5:00 pm		Open Swim 3:30-5:00 pm		Open Swim 1:00-4:00 pm
Wet n Fit 4:15-5:00 pm	Aqua Zumba 4:15-5:00 pm	Wet n Fit 4:15-5:00 pm	Aqua Zumba 4:15-5:00 pm	Wet n Fit 4:15-5:00 pm	
Deep Aqua 4:15-5:00 pm		Deep Aqua 4:15-5:00 pm			
	Aqua Bootcamp 5:15-6:00 pm		Aqua Bootcamp 5:15-6:00 pm		<b>SUNDAY</b> Lap/Exercise 12:30-2:30 pm
Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Open Swim 2:30-5:30 pm
Swim Team 5:30-7:30 pm	Swim Team 5:30-7:30 pm		Swim Team 5:30-7:30 pm	Open Swim 6:00-7:30 pm	
		Open Swim 7:00-8:00 pm			

**Pool Schedule Subject to Change**

### POOL INFO

Southern Prairie YMCA pool is staffed by all American Red Cross Certified Lifeguards.

Children with limited swimming abilities must have a parent within arms length at all times. Children under age 10 must have a parent or guardian in the facility at all times.

Children 12 and under must take a swimming test to be in the deep end. This test consists of swimming the front crawl (face down in water and arms on top of water) 25 yards without any stopping, back floating for 30 seconds and treading water for 30 seconds.

Swimmers must be 14 years of age to swim during lap and exercise time or get permission from the aquatics director.

### SOUTHERN PRAIRIE YMCA POOL RULES *These are issued for your safety and will be followed at all times.*

- Listen to the lifeguard. He/she is in charge of the pool area.
- Food or drink is not allowed in the pool area or locker rooms.
- The baby pool is reserved for kids 6 and under with adult supervision.
- YMCA equipment (i.e. noodles, kickboards, aqua bells) is reserved for special groups, exercise swim and programs only.
- During lap/exercise times, those who are swimming laps have the right of way. Walkers and exercisers must yield.
- Please do not hang on the ropes or lane dividers.

### SOUTHERN PRAIRIE YMCA

1201 W Townline, Creston, Iowa 50801  
641-782-9622 [www.southernprairieymca.com](http://www.southernprairieymca.com)

**GROUP WATER FITNESS CLASSES ARE FREE WITH YOUR YMCA MEMBERSHIP**