YAQUATICS™

Masters Swim Program

YMCA *swim*FIT

The YMCA *swim*Fit program is designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship, and camaraderie

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Ankeny 5:00-6:00am **Waukee** 5:30-6:30am **Walnut Creek** 8:45-9:45pm	**South Suburban** 6:00-7:00am **YMCA Healthy Living Center** 5:00-6:00pm	**Ankeny** 5:00-6:00am **Waukee** 5:30-6:30am **Waukee** 8:45-9:45pm	**South Suburban** 6:00-7:00am **YMCA Healthy Living Center** 5:00-6:00pm	**Walnut Creek** 11:00-12:00pm	**South Suburban** 3:00-4:00pm

UPDATED PRACTICE TIMES – Effective February 1, 2010

Members will be notified by coaches of any new or additional practice, these are also found on each branches pool schedule.

DATE: **Session 1 - February, March April**
Session 2 - May, June, July
Session 3 – August, September, October
Session 4 – November, December, January

FEE: $75.00

TIME: Varies Days and Times at 5 branches

AGE: 18 and older

We build strong kids, strong families, strong communities.
YMCA

www.dmymca.org

For more information the Y *swim*FIT Program
contact Sara Roberts at 515-868-0509 or sara.roberts@dmymca.org

Financial Assistance
Thanks to many generous community supporters, the YMCA strives to not turn away anyone due to an inability to pay. Please ask about our financial assistance policy.

YMCA Mission
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.