AQUATICS SCHEDULE
DECATUR COUNTY FAMILY YMCA

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.
Class schedules are subject to change without notice. Please stay up-to-date with us via Facebook & on the web at **decaturcountyfamilyymca.org**

MON	TUE	WED	THURS	FRI	SAT
CHILDWATCH HRS: 8:30 am-2:30 pm, 3:30 pm -7:30 pm	CHILDWATCH HRS: 8:30 am-2:30 pm, 3:30 pm -7:30 pm	CHILDWATCH HRS: 8:30 am-2:30 pm, 3:30 pm -7:30 pm	CHILDWATCH HRS: 8:30 am-2:30 pm, 3:30 pm -7:30 pm	CHILDWATCH HRS: 8:30 am-2:30 pm, 3:30 pm -7:30 pm* * Ages 3-9	CHILDWATCH HRS: 9am - 5pm* *Ages 3-9
	6:00 am - 8:00 am POOL AND SAUNA CLOSED		6:00 am - 8:00 am POOL AND SAUNA CLOSED		
9:00 am –9:45 am **AquaFit Waterworks** Aquatic Staff	9:00 am –9:45 am **Aqua Arthritis** Jane	9:00 am –9:45 am **AquaFit Waterworks** Aquatic Staff	9:00 am –9:45 am **Aqua Arthritis** Jane	9:00 am –9:45 am **AquaFit Waterworks** Aquatic Staff	9:30 am - 11:00 am **SWIM LESSONS Carrie ($$)**
12:30 pm - 4:00 pm POOL AND SAUNA CLOSED	12:30 pm - 4:00 pm POOL AND SAUNA CLOSED	12:30 pm - 4:00 pm POOL AND SAUNA CLOSED	12:30 pm - 4:00 pm POOL AND SAUNA CLOSED	12:30 pm - 4:00 pm POOL AND SAUNA CLOSED	
4:00 pm – 5:00 pm **Aqua Cricket Class Cricket**		4:00 pm – 5:00 pm **Aqua Cricket Class Cricket**		4:00 pm – 5:00 pm **Aqua Cricket Class Cricket**	
5:00 pm - 6:30 pm **SWIM LESSONS Carrie ($$)**	4:30 pm - 6:30 pm **SWIM LESSONS Carrie ($$)**				
6:00 pm - 7:00 pm AquaDANCE Stephanie	6:00 pm - 7:00 pm AquaTotal Body Blast Stephanie	5:30 pm –6:30 pm **Aquatic Power Hour** Emily	6:00 pm - 7:00 pm AquaTotal Body Blast Stephanie		

LAP SWIMMING

One lap lane is always available during pool operating hours, some exceptions may apply for special events.
Fees: FREE YM
$7 PM

CLASS COLOR CODE:

- **SPECIALTY YOUTH PROGRAM Paid Class $$**
- **SPECIALTY SCHEDULE**
- **REQUIRES CLASS PASS OR CLASS FEE**
- **FREE CLASS FOR YM**

One-time Class Fees:
$5 YM $15 PM

Unlimited Monthly Class Pass
$10 YM $60 PM

All Aqua Fitness Classes are for ages 18 and older.
Program Members can arrive 15 minutes prior to class time.
One time class fees: $5 YM $15 PM
Monthly Unlimited Class Passes: $10 YM $60 PM

AQUA FITNESS CLASSES:

REQUIRE CLASS PASS:

AQUA ARTHRITIS:
This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries.
Meets: Tuesdays & Thursdays 9:00 am - 9:45 am

AQUAFIT/WATERWORKS:
Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping.
Meets: Mon, Wed, Fri 9:00 am - 9:45 am

AQUATIC POWER HOUR:
Get ready for a super fun and energetic water workout! We'll have exciting music, lots of encouragement, and plenty of cardio exercises to make it intense and enjoyable. In this class, we'll use weights and noodles to focus on both cardio and muscle conditioning. You're going to have a blast and get an amazing workout at the same time!
Meets: Wednesdays 5:30 pm - 6:30 pm

FREE CLASSES:

AQUA CRICKET CLASS:
This is a low to medium intensity class takes place in the deep end of the pool. Class is designed to improve mobility through a series of stretching and strengthening exercises, utilizing noodles and barbells. All levels welcome.
Meets: Mon, Wed, Fri 4:00 pm - 5:00 pm

AQUADANCE:
A medium to high-intensity class designed to get your heart rate up and your body moving. Combines dance moves to a mixture of fun, up-beat music. Class utilizes noodles, barbells, and both shallow and deep ends of the pool.
Meets: Mondays 6:00 pm - 7:00 pm

AQUA TOTAL BODY BLAST:
An exhilarating hour of over-the-top fitness exercises in the water. We will use continuous multiple movements to Increase your heart rate and keep you moving.
Meets: Tuesdays & Thursdays 6:00 pm – 7:00 pm

6-WEEK SWIM LESSON SCHEDULE:

Sept 3– Oct 28 (Break Week Oct 9-14) Sign ups: August 20th– YM and August 27th– PM
November 6– December 16 Sign ups: October 15th– YM and October 22nd– PM

Water Discovery/ Exploration (Swimmers ages: 6 mo. - 2 years):

This class requires one parent to be in the water. This allows for parents to bond with their child while teaching them a new skill, to witness their growth firsthand, and to learn ways to help infants acclimate to the water. ****Disposable diapers are not permitted in pools. Swim diapers are required to be worn by children not yet potty-trained.**** (30 min 10:1 ratio)
Meets: Saturdays 9:30 am - 10:00 am Fees: $50 YM $82 PM

SWIM BASICS 1,2,3 (Swimmers ages: 3-5 years old):

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills. Level 1: Water Acclimation: This class allows for children to acclimate to the water. It is the perfect starting point for any child with fear or hesitation near water. This class is meant for beginners and will help them feel more comfortable in the water and teach them the basics of learning how to swim. We recommend this to anyone new to swim lessons. **Level 2: Water Movement-** This class teaches children how to start moving throughout the water and become more comfortable with it. This class is for kids who already know some basic swimming skills but need practice perfecting them. This class is also for children who are gaining the self confidence needed to swim without assistance. **Level 3:Water Stamina-** This class is for kids that can swim on their own some but need practice to build up their endurance for swimming longer distances. In this class, kids already are comfortable putting their face in the water and swimming some distance without assistance. (30 min 5:1 ratio)

Meets:	**Mondays**	**5:30 pm - 6:00 pm**	**Fees: $50 YM**	**$82 PM**
	Tuesdays	**4:30 pm - 5:00 pm**	**Fees: $50 YM**	**$82 PM**
	Saturdays	**10:00 am -10:30 am**	**Fees: $50 YM**	**$82 PM**

SWIM STROKES 4,5,6 (Swimmers ages: 5-12 years-old):

Level 4: Stroke Introduction- This class is for kids who can swim at least 25yds (the length of the pool) without assistance. The child should be able to swim confidently on their own with some rotary breathing and be able to demonstrate front and back stroke. In this class, children will learn the basics of all six strokes. **Level 5: Stroke Development**- This class is for kids who can swim at least 50yds and has knowledge of all six strokes. In this class kids will work on developing the strokes they have a basic idea on. It will focus on giving a more in-depth training on each stroke and developing endurance to increase distance for each one. **Level 6: Stroke Mechanics-** This class is for kids who are ready for swim team level and want extra practice. We will focus on specific techniques and drills to improve their strokes. (30 min 5:1 ratio)

Meets:	**Mondays**	**5:00 pm - 5:30 pm**	**Fees: $50 YM**	**$82 PM**
	Tuesdays	**5:00 pm - 5:30 pm**	**Fees: $50 YM**	**$82 PM**
	Saturdays	**10:30 am –11:00 am**	**Fees: $50 YM**	**$82 PM**

PRIVATE SWIM LESSONS: 30 MINUTES

These lessons will provide students with the individual attention to enhance their stroke ability, endurance and form. **These lessons can also be customized for Adults to include lessons, stroke development and aquatic fitness.**
Meets: Individualized schedules are set up based on availability of instructor and student.

Fees:	**Individual Lesson:**	**$20 YM**	**$35 PM**	
	6 Lesson Package:	**$90 YM**	**$158 PM**	
	12 Lesson Package:	**$180 YM**	**$308 PM**	**(Buy 12 get one 1 FREE)**

SEMI-PRIVATE LESSONS: 30 MINUTES

These lessons are designed to give families the opportunity to enhance their swimming and stroke skills together. Students need to be close to the same swim level.
Meets: Individualized schedules are set up based on availability of instructor and students.

Fees:	**6 Lesson Package:**	**$135 YM**	**$237 PM**	
	12 Lesson Package:	**$263 YM**	**$463 PM**	**(Buy 12 get one 1 FREE)**
Additional child for max 3:		**$92.50 YM**	**$185.25 PM**	