



# Indoor Pool Opens September 26

## Join Us & Enjoy the Benefits of Water Fitness

Did you know that swimming burns over 500 calories per hour? That is a fantastic workout! At the Le Mars Indoor Pool we offer a variety of ways to experience the benefits of water fitness. The Indoor Pool will open September 26 and starting October 3 we will be offering four group water fitness classes with more added later in the season. Water fitness is a great option for many individuals because it is a low-impact exercise. To keep you motivated try our new Swim 75.

If you never learned how to swim that is not a problem. The Y offers private and semi-private lessons for adults. Non-swimmers can also exercise in the pool by walking in the flow channel or participating in one of our shallow water fitness classes that doesn't require swimming skills, floatation aids are also available.

For this year's indoor pool season we have changed our hours to meet the needs of our members. Here at the Y water fitness is becoming more and more popular so Monday through Thursday our indoor pool schedule is designed to meet the needs of our exercisers with more evening lap swim times and noon lap swim daily. The weekends, Friday through Sunday, will feature increased open swim hours to allow families to enjoy recreation in the pool and increased availability on Friday nights and Saturdays for our popular pool parties.

Our first session of indoor pool group swim lessons starts October 3. Learn to Swim levels 1-3 will be offered along with preschool levels 1-2. You can also sign-up your child for private or semi-private swim lessons at the indoor pool. The Le Mars Stingrays Swim Team is a great way to build upon swimming skills, add endurance, and have fun competing at meets with the team. The deadline for swim team registration is October 26 with the season starting on October 31.

For a complete list of our hours, classes and activities stop by the Y Front Desk for our fall program guide.

## Try our New Fitness Classes This Fall

The Y is offering two new group fitness classes, Yoga-Pilates Fusion and Dance Yoga, plus new this year is private yoga sessions and personal training sessions.

**Yoga-Pilates Fusion** blends yoga and pilates creating a class that involves challenging moves and postures. This Tuesday and Thursday morning class focuses on balance while also building core strength and stability.

For an energizing class try **Dance Yoga**. This class is offered Tuesday and Thursday during the lunch hour for a fun and quick lunch time workout and also at 4:30pm on Monday and Wednesday for an end of the day pick-me-up.

New this year is **Private Yoga Sessions** where our certified and experienced instructor, Anne Lubben,

will provide individual attention on correct posture and alignment for the best yoga experience.

The Le Mars YMCA **Personal Trainer** can help you reach your goals. The Personal Trainer is certified and experienced in performing fitness assessments, evaluating individual needs and implementing an exercise program based on those needs. One hour sessions can be scheduled based on the participant's convenience and the trainer's availability.

Check out the enclosed fitness class schedule and see all of the great classes that we offer at the Y. Did you know that basic fitness classes are now free for members? That's right, most of our fitness classes, both water and land fitness classes, are free for members.

## Three New Youth Programs Start This September

We've expanded our popular Tumbling for Tots program and added **Tumbling II** for youth ages 6-9 years old. Tumbling II will move onto more challenging skills such as splits, one-arm cartwheels, backbend to cheese mat, and back and front walk-overs.

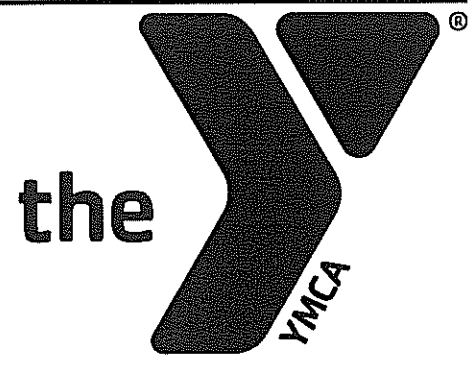
Learn the proper techniques of cheer and have fun during our new **Cheer n' Stunt** for ages 10-14 at the Y.

You have fun in your Zumba® class, now it's their turn! **ZumbAtomic®** is made just for kids! In no time, your kids will be shakin', movin', rockin', and slammin' to Latin and international beats and they won't stop 'til they drop.

All three of these fun new programs start mid September. For the lower rate register by September 11, the registration deadline is September 14.

## Mark Your Calendars

Le Mars Sprint Triathlon	September 10
Raise the Bar Fitness	September 12 - October 6
New! Yoga-Pilates Fusion Starts	September 12
New! Dance Yoga Starts	September 12
YMCA Boot Camp	September 12 - October 20
Back to School Discount Ends	September 15
Flag Football	September 17 - October 22
Coed Soccer	September 19 - October 26
ZumbAtomic®	September 19 - October 24
Tumbling for Tots	September 21 - October 26
Tumbling II	September 21 - October 26
Cheer n' Stunt	September 21 - October 26
Yoga Kids	September 22 - October 27
Indoor Pool Opens	September 26
Fall Swim Lessons Start	October 3 & 4
Aquatic Fitness Classes Start	October 3
Start Somewhere 1K Walk	October 7



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

## NEW! Back to School Discount

New this year is our Back to School discount, purchase an annual youth membership and get the 13th month free. Now that the kids are back to school, don't forget a youth membership for the YMCA. This discount ends September 15, 2011. A youth YMCA membership allows kids to come to the Y after school and on weekends to play with friends, shoot hoops, play in the game room, play racquetball and more. Add the indoor pool to your membership and enjoy swimming too. Also children who have a membership receive discounts on many of our programs such as co-ed soccer, flag football, volleyball, tumbling and more. Already have a membership? Not a problem, you can renew now too.

## Start Somewhere Walk

Mark your calendars for the Start Somewhere Walk on October 7th at noon. The Start Somewhere walk is the kickoff to Iowa's goal of making our state the healthiest state by 2016. Together, let's take the first steps toward a better and healthier Iowa with a 1k walk.

The Le Mars YMCA, HyVee, the City of Le Mars and other area businesses are coordinating the Start Somewhere Walk. Please plan on spending a few minutes of your day on October 7th with your friends and neighbors to kickoff a healthier lifestyle. The location of this 1k walk will be announced later this month. For more information visit [www.startsomewherewalk.com](http://www.startsomewherewalk.com).



# Group Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
morning	<b>Boot Camp</b> (6 week program) Mon., Tues. & Thurs. 5:30-6:30am Sept. 12 - Oct. 20 Oct. 31 - Dec. 8 Y Members: \$32.10 Non-Members: \$48.15	<b>Boot Camp</b> (6 week program) Mon., Tues. & Thurs. 5:30-6:30am Sept. 12 - Oct. 20 Oct. 31 - Dec. 8 Y Members: \$32.10 Non-Members: \$48.15		<b>Boot Camp</b> (6 week program) Mon., Tues. & Thurs. 5:30-6:30am Sept. 12 - Oct. 20 Oct. 31 - Dec. 8 Y Members: \$32.10 Non-Members: \$48.15			
	<b>Twisted Power Pacing</b> 5:30-6:15am Y Members: <b>FREE</b>	<b>Pilates</b> 6:00-7:00am Y Members: <b>FREE</b>	<b>Twisted Power Pacing</b> 5:30-6:15am Y Members: <b>FREE</b>	<b>Pilates</b> 6:00-7:00am Y Members: <b>FREE</b>	<b>Twisted Power Pacing</b> 5:30-6:15am Y Members: <b>FREE</b>		
	<b>Rise &amp; Shine</b> 7:00-8:00am Y Members: <b>FREE</b>		<b>Rise &amp; Shine</b> 7:00-8:00am Y Members: <b>FREE</b>		<b>Rise &amp; Shine</b> 7:00-8:00am Y Members: <b>FREE</b>		
	<b>Women on Weights</b> 8:30-9:30am Y Members: <b>FREE</b>		<b>Women on Weights</b> 8:30-9:30am Y Members: <b>FREE</b>		<b>Women on Weights</b> 8:30-9:30am Y Members: <b>FREE</b>	<b>Zumba® Basics</b> 9:00-10:00am Y Members: \$1.00	
	<b>Yoga</b> 10:00-11:00am Y Members: <b>FREE</b>	<b>NEW!</b> <b>Yoga-Pilates Fusion</b> 10:00-11:00am Y Members: <b>FREE</b>	<b>Yoga</b> 10:00-11:00am Y Members: <b>FREE</b>	<b>NEW!</b> <b>Yoga-Pilates Fusion</b> 10:00-11:00am Y Members: <b>FREE</b>	<b>Yoga</b> 10:00-11:00am Y Members: <b>FREE</b>		
afternoon	<b>Mommy &amp; Me</b> 10:00-10:30am Y Members: <b>FREE</b>						
	<b>Body Sculpting</b> 12:15-12:45pm Y Members: <b>FREE</b>	<b>NEW!</b> <b>Dance Yoga</b> 12:15-12:45pm Y Members: <b>FREE</b>	<b>Body Sculpting</b> 12:15-12:45pm Y Members: <b>FREE</b>	<b>NEW!</b> <b>Dance Yoga</b> 12:15-12:45pm Y Members: <b>FREE</b>			
	<b>Move &amp; Groove</b> 2:15-3:00pm Y Members: <b>FREE</b>		<b>Move &amp; Groove</b> 2:15-3:00pm Y Members: <b>FREE</b>				
	<b>NEW!</b> <b>Dance Yoga</b> 4:30-5:30pm Y Members: <b>FREE</b>		<b>NEW!</b> <b>Dance Yoga</b> 4:30-5:30pm Y Members: <b>FREE</b>				
		<b>Body Sculpting</b> 5:25-6:10pm Y Members: <b>FREE</b>		<b>Body Sculpting</b> 5:25-6:10pm Y Members: <b>FREE</b>			
	<b>Yoga</b> 5:30-6:30pm Y Members: <b>FREE</b>	<b>Sport Yoga</b> 5:30-6:30pm Y Members: <b>FREE</b>	<b>Yoga</b> 5:30-6:30pm Y Members: <b>FREE</b>	<b>Sport Yoga</b> 5:30-6:30pm Y Members: <b>FREE</b>			
	<b>Zumba® Basics</b> 5:30-6:30pm Y Members: \$1.00	<b>Zumba® Basics</b> 6:15-7:15pm Y Members: \$1.00	<b>Zumba® Basics</b> 5:30-6:30pm Y Members: \$1.00	<b>Zumba® Basics</b> 6:15-7:15pm Y Members: \$1.00			
	<b>Aqua Motion</b> 5:30-6:30pm Y Members: <b>FREE</b>		<b>Aqua Motion</b> 5:30-6:30pm Y Members: <b>FREE</b>				
evening	<b>NEW!</b> <b>Power Pacing</b> 6:30-7:30pm Y Members: <b>FREE</b>		<b>NEW!</b> <b>Power Pacing</b> 6:30-7:30pm Y Members: <b>FREE</b>				
	<b>TAB</b> (Thighs, Abs, Bottom) 6:30-7:30pm Y Members: <b>FREE</b>		<b>TAB</b> (Thighs, Abs, Bottom) 6:30-7:30pm Y Members: <b>FREE</b>				

All group fitness classes, except Boot Camp, are ongoing and on a drop-in basis. Many of our classes will begin in September or October, check the class description on the back for details. Classes with a shaded box are water fitness classes located in the Indoor Pool. Class schedule is subject to change.

Many of our classes are FREE for Y Members and offered to non-members for \$4/day, check the class description for details.