

### Open Swim

Open Swim for YMCA Members 18 years and older! You can lap swim, water walk or just swim around.

#### Open Swim At a Glance:

Who: YMCA members, 18 years and older

When: Mon - Sat 6:00-7:00 am

Fri 5:00-7:45 pm

Sat 2:00-3:45 pm

Where: Northfield Senior Center Pool

Cost: YMCA Members pay \$1 per visit

*To gain access to the pool for Open Swim, simply bring your YMCA membership cards and sign in at the front desk. We will charge your account \$1.*

### Family Swim

Swimming is wonderful exercise and a great way to spend time with your family. Join us for Family Swim every Saturday afternoon.

#### Family Swim At a Glance:

Who: Family Swim is only open to YMCA members with a Family Membership. All members



of the family must be potty trained, no diapers allowed. A parent or guardian 18 years or older must be present with all swimmers.

The pool is 4 feet deep in the shallow end and 5 feet deep in the deep end. Pool monitors supervise the pool. Lifeguards are not present.

When: Sat 2:00 – 3:45 pm

Where: Northfield Senior Center Pool

Cost: Free for YMCA Family memberships

*To gain access to the pool for Family Swim, simply bring your YMCA membership cards and sign in at the front desk.*

### Aqua Fitness Classes (Water Exercise)

Water exercise is an excellent form of exercise for the beginner, the trained athlete or the person with a chronic condition. Water is an ideal place to take the first step to health and fitness because it can be adapted to individual needs.

- Excellent way to develop a comprehensive fitness routine.
- Provides a strenuous work-out
- Can be tailored to meet the needs of the novice
- Perfect exercises for people with joint problems because it allows movements to occur that would be painful and difficult on land
- Allows the injured runner to maintain aerobic function while eliminating further damage

#### Aqua Fitness Classes At a Glance

Who: YMCA members, 18 years and older

When: Mon – Fri, 7:00-8:00 am

Tue & Thu 5:30-6:30 pm

Where: Northfield Senior Center Pool

Cost: Members enjoy first 8 visits free per calendar month. 9+ visit are \$5 each.

*To gain access to the pool for Aqua Fitness Classes, simply bring your YMCA membership card and sign in at the front desk. We'll track how many times per month you have visited, and if you visit more than 8 times (per calendar month) we'll charge your account.*



### Swim Schedule

	Su	M	T	W	Th	F	Sa
Open Swim		6 - 7 am	6 - 7 am	6 - 7 am	6 - 7 am	6 - 7 am 5:00 - 7:45 pm	6 - 7 am 2:00 - 3:45 pm
Family Swim							2:00 - 3:45 pm
Aqua Fitness		7 - 8 am	7 - 8 am 5:30 - 6:30 pm	7 - 8 am	7 - 8 am 5:30 - 6:30 pm	7 - 8 am	

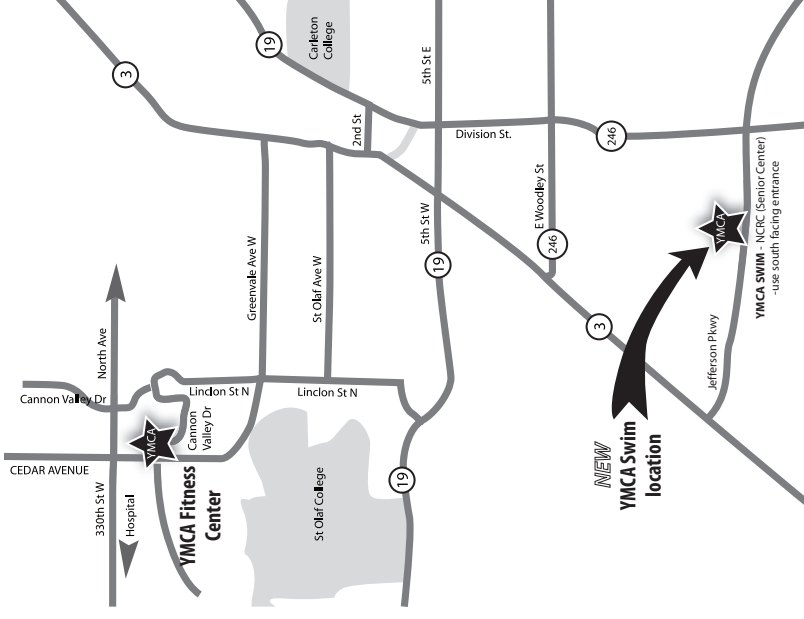




### Why Swimming is Good for You

Swimming is very good exercise and involves the use of almost all the muscles required for movement, but without the weight of your body pounding the ground with each move like when you are walking or running.

- Water resistance is greater than air resistance, so that the muscles have to work harder.
- Regular swimming builds your muscle strength, endurance, and cardiovascular fitness. The longer you swim, the more your endurance and speed will improve.
- Without overworking the heart, swimming improves the body's use of oxygen and increases lung function.
- Swimming stimulates circulation, promotes proper breathing and helps to combat the aging process.
- Swimming burns calories and improves one's ability to control and maintain a healthy arms, shoulders and legs. The best strokes for whole body toning are the freestyle, breaststroke and backstroke.



### Important note:

- All Swim programs are open to YMCA Members Only (sorry, no nonmembers).
- “Family Swim” is open to YMCA members with a Family Membership only.
- *The YMCA pays a fee per person, per/visit for use of the swimming pool. Your monthly membership fee contributes to the financial cost of using the pool.*



We build strong kids,  
strong families, strong communities.

Northfield Area Family YMCA | 519 Division Street | Northfield,  
MN 55057 | 507-645-0088 | info@northfieldymca.org | www.  
northfieldymca.org

## Northfield Area Family YMCA

### New Swimming Options!

The YMCA is pleased to  
announce a new collaboration  
with the  
Northfield Senior Center!



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