

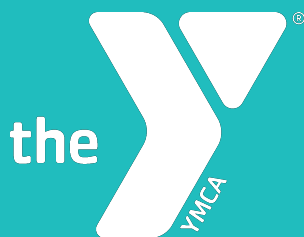


OTTUMWA FAMILY YMCA AQUATICS

| | Lap Swim | Aquatic Fitness | Programs | Open Swim |
|------|--|--|--|------------------------------------|
| MON | 6:15a - 9a (4) 9a - 11a (1) 11a - 1p (4) | <u>Water Aerobics</u> 9a-9:45a (3) <u>H2O Pump</u> 10a-10:45a (3) | <u>Swim Team</u> 5:30p - 6:30p (4) | <u>OPEN SWIM</u> 4p - 5:30p (4) |
| TUES | 6a - 9a (4) 9a - 11a (1) 11a - 1p (4) | <u>Water Aerobics</u> 9a-9:45a (3) <u>H2O Pump</u> 10a-10:45a (3) | <u>Group Swimming Lessons</u> 4p - 6p (2) <u>Swim Team</u> 6p - 7p (4) | <u>OPEN SWIM</u> 4p - 6p (2) |
| WED | 6:15a - 9a (4) 9a - 11a (1) 11a - 1p (4) | <u>Water Aerobics</u> 9a-9:45a (3) <u>H2O Pump</u> 10a-10:45a (3) |  | <u>OPEN SWIM</u> 4p - 7p (4) |
| THUR | 6a - 9a (4) 9a - 11a (1) 11a - 1p (4) | <u>Water Aerobics</u> 9a-9:45a (3) <u>H2O Pump</u> 10a-10:45a (3) | <u>Group Swimming Lessons</u> 4p - 6p (2) <u>Swim Team</u> 6p - 7p (4) | <u>OPEN SWIM</u> 4p - 6p (2) |
| FRI | 8a-10a (1) 10a-1p (4) | <u>H2O Pump</u> 8a - 8:45a (3) <u>Water Aerobics</u> 9a - 9:45a (3) |  | <u>OPEN SWIM</u> 4p - 7p (4) |
| SAT | | | <u>Group Swim Lessons</u> 9a - 10:40a (2) | <u>OPEN SWIM</u> 12p - 3p (4) |
| | | | <u>Swim Team</u> 11a - 12:30p (4) | <u>NO OPEN SWIM</u> |



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