


# OTTUMWA FAMILY YMCA AQUATICS

Weekly registration for aquatic programming is available online, by phone or in person.

	Lap Swim	Aquatic Fitness	Programs	Open Swim
MON	5:45a-6:45a (4) 6:45a - 7:45a (4) 7:45a-8:45a (4) 11a -12p (4) 12p-1p (4)	<u>Water Aerobics</u> 9a-9:45a (4) <u>H2O Pump</u> 10a-10:45a (4)	Please register for Lap Swim Lanes	<u>OPEN SWIM</u> 4p - 7p (4)
TUES	5:45a-6:45a (4) 6:45a-7:45a (4) 7:45a-8:45a (4) 11a-12p (4) 12p-1p (4)	<u>Water Aerobics</u> 9a-9:45a (4) <u>H2O Pump</u> 10a-10:45a (4)	<u>Group Swim Lessons</u> 4:30p - 6p (2)  <u>SWIM TEAM</u> 6p-7p (4)	<u>OPEN SWIM</u> 4p - 6p (2)
WED	5:45a-6:45a (4) 6:45a - 7:45a (4) 7:45a-8:45a (4) 11a -12p (4) 12p-1p (4)	<u>Water Aerobics</u> 9a-9:45a (4) <u>H2O Pump</u> 10a-10:45a (4)	Register online, by phone or in person @ Member Services	<u>OPEN SWIM</u> 4p - 7p (4)
THUR	5:45a-6:45a (4) 6:45a-7:45a (4) 7:45a-8:45a (4) 11a-12p (4) 12p-1p (4)	<u>Water Aerobics</u> 9a-9:45a (4) <u>H2O Pump</u> 10a-10:45a (4)	<u>Group Swim Lessons</u> 4:30p - 6p (2)  <u>SWIM TEAM</u> 6p-7p (4)	<u>OPEN SWIM</u> 4p - 6p (2)
FRI	10a-11a (4) 11a-12p (4) 12p-1p (4) 1p-2p (4)	<u>Water Aerobics</u> 8a - 8:45a (4) <u>H2O Pump</u> 9a -9:45a (4)		<u>OPEN SWIM</u> 4p - 7p (4)
SAT			<u>Group Swim Lessons</u> 9a-11a (4)	<u>OPEN SWIM</u> 11a - 3:45p (4)
SUN			<u>SWIM TEAM</u> 11a-12:30p (4)	<u>OPEN SWIM</u> 12:30p - 3:45p (4)



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Nicole Copple, Aquatics Coordinator  
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## OTTUMWA FAMILY YMCA AQUATICS PROTOCOLS

In an effort to ensure health and wellness, we ask all swimmers to observe our protocols when using the Ottumwa Family YMCA Aquatics facilities:

- If you or any member of your family are ill, please postpone your visit.
- Masks must be worn while inside the facility.
- Preregistration for Lap Swim is required.
- Water Aerobics participation is limited to 24 members plus the instructor.
- Please maintain reasonable distance from others while in the pool.
- 4 lanes of lap swim are available per scheduled hour.
- Lap swim is by reservation: online @ [ottumwaymca.com](http://ottumwaymca.com), or call 641-684-6571 or in person @ member services.
- Lane sharing is only permitted for members of the same household.
- Water walkers can reserve a lap swim lane for exercise.
- Swim Team and Swim Lesson participants can study their specific protocol on their registration forms or inquire @ Member Services.
- Registration for the following week will open each Friday @ 6a.
- Showers are required before entering the pool.
- Only YMCA staff are permitted access to the aquatics supply closet.
- YMCA staff will distribute water weights and boogie boards for each class.
- When you finish with these items, please leave them at the edge of the pool for cleaning. Do not return used items to the supply closet.
- No outside footwear is allowed on the pool deck.

For information, please contact Nicole Copple, Aquatics Coordinator @ 641.684.6571 ex.16 or [aquatics@ottumwaymca.com](mailto:aquatics@ottumwaymca.com).