

	OPEN SWIM	LAP SWIM	WATER FITNESS	PROGRAMS
MONDAY	4:00pm-5:25pm (2) 6:30pm-7:30pm (3)	5:00am-7:00am (4) 7:00am-9:00am (2) 10:45am-1:30pm (4) *(3 lanes after 1pm) 4:00pm-5:25pm (2) 6:30pm-7:30pm (1)	Water Walking 7:00am-9:00am(2) Silver Splash 9:00am-9:45am (4)	Pella Physical Therapy (by appointment ONLY) 1:00pm-4:00pm Hurricane Swim Team Practice 5:30pm-6:30pm (4)
TUESDAY	6:30pm - 7:30pm (2)	5:00am-7:00am (4) 7:00am-8:45am (2) 10:45am-1:30pm (4) 4:00pm-5:25pm (2) 6:30pm-7:30pm (1)	Water Walking 7:00-8:00am (2) Water Aerobics 8:00am-8:45am (2) Silver Splash 8:45am-9:30am (4) H2O Pump 9:30-10am(4)	Swimming Lessons 4:00pm-5:25pm (2) Hurricane Swim Team Practice 5:30pm-6:30pm (4) Swimming Lessons 6:35pm-7:40pm (1)
WEDNESDAY	4:30pm-5:25pm (2) 6:30pm-7:30pm (3)	5:00-7:00am (4) 7:00am-9:00am (2) 10:45am-1:30pm (4) *(3lanes after 1pm) 4:30pm-5:25pm (2) 6:30-7:30pm (1)	Water Walking 7:00am-9:00am (2) Silver Splash 9:00am-9:45am (4)	Pella Physical Therapy (by appointment ONLY) 1:00pm-4:00pm Hurricane Swim Team Practice 5:30pm-6:30pm (4)
THURSDAY	6:30pm-7:30pm (2)	5:00am-7:00am (4) 7:00am-8:45am (2) 10:45am-1:30pm (4) 4:00-5:25pm (2) 6:30-7:30pm (1)	Water Walking 7:00-8:00am (2) Water Aerobics 8:00am-8:45am (2) Silver Splash 8:45am-9:30am (4) H2O Pump 9:30-10am(4)	Swimming Lessons 4:00pm-5:25pm (2) Hurricane Swim Team Practice 5:30pm-6:30pm (4) Swimming Lessons 6:35pm-7:40pm (1)
FRIDAY	4:30pm-5:25pm (2) 6:30-7:30pm (3)	5:00am-7:00am (4) 7:00am-8:45am (2) 10:45am-1:30pm (4) 4:30-5:25pm (2) 5:30-7:30pm (1)	Water Walking 7:00-8:00am (2) Water Aerobics 8:00am-8:45am (2) H2O Pump 8:45-9:30am (4) 5:30-6:30pm Active Ottumwa Water Aerobics (3)	
SATURDAY	10:00am-3:45pm (3)	7:00am-9:00am (3) 10:00am-3:45pm (1)	Water Walking 7:00am-9:00am (1)	SWIMMING LESSONS 9:00am - 10:05 am (4)
SUNDAY	1:00pm-3:00pm (3)* The Y CLOSES at 4pm. Please exit the pool at 3:30pm if you need to shower & use the locker rooms! Thank you!	12:00pm-1:00pm (3) 1:00pm-3:00pm (1)* *The Y CLOSES at 4pm. Please exit the pool at 3:30pm if you need to shower & use the locker rooms! Thank you!	Water Walking 12:00-1:00pm (1)	Hurricane Swim Team Practice 10:30am-12:00pm (4) Special Olympic Swim Team Practice 3:00pm-3:45pm (4)
NOTES				
Youth under the age of 10 years old MUST have an Adult in the water with them. LAP SWIM we ask that swimmers share lanes & circle swim during their workout when needed. Life Jackets are available for check out. Please see lifeguard.				



STRONG SWIMMERS CONFIDENT KIDS

GET READY FOR SPRING BREAK AND ALL THE SUMMER WATER FUN WITH YMCA SWIM LESSONS!

Next Swim Lesson Registration Starts: Feb 18th

Swim Lessons Begin: the week of March 11th

Stop by the YMCA or Register On-line!!!



3.16.19

11TH ANNUAL
SAINT PATTY'S
5^K/10^K RUN/WALK

