

	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	NEW 10:00am-3:45pm (3)	NEW 7:00am-9:00am (3) 10:00am-3:45pm (1)	Water Walking 7:00am-9:00am (1)	NEW SWIMMING LESSONS 9:00am - 10:05 am (4)
SUNDAY	1:00pm-3:45pm (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-3:45pm (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)

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.

COMMIT TO BE FIT 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

8 Week Health & Wellness "YOU vs YOU" Challenge!

Let this be the year that you Commit To Be Fit! Escape your limits and journey with us to a healthier YOU! Sign up for this simple 8 week challenge where you will get support, motivation and encouragement to accomplish your health & wellness goals.

Registration: Jan 2nd – 25th

Program Runs: Jan 28th – March 22nd

This program will include:

- Custom designed Commit To Be Fit T-Shirt!
- Before/After Health Assessment - Includes blood pressure, body fat/BMI, flexibility, balance & strength, measurements, weight and optional cardio test.
- Personal Training Session
- Weekly weigh-ins
- Activity Tracking
- Weekly Prize giveaways!
- Grand Prize drawings!
- Registered Hy-Vee Dietitian - Becky Graeve will support your health & wellness journey.
- 10% OFF Any purchase at Subway!!!



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