

OTTUMWA FAMILY YMCA AQUATICS

Lap Swim Aquatic Fitness Programs Open Swim

MON

6:30a - 9:15a (4)
9:15a - 10:45a (1)
10:45a - 12p (4)

Water Aerobics
9:15a - 10a (3)
H2O Pump
10a - 10:45a (3)

Swim Team
5:30p - 6:30p (2)

Open Swim
4:30p - 5:30p (4)
5:30p - 7:00p (2)

TUES

6:30a - 9:15a (4)
9:15a - 10:45a (1)
10:45a - 12p (4)

Water Aerobics
9:15a - 10a (3)
H2O Pump
10a - 10:45a (3)

Group Swimming Lessons
4:30p - 6p (2)
Swim Team
6p - 7p (2)

Open Swim
4:30p - 6p (2)
6p - 7p (2)

WED

6:30a - 9:15a (4)
9:15a - 10:45a (1)
10:45a - 12p (4)

Water Aerobics
9:15a - 10a (3)
H2O Pump
10a - 10:45a (3)

Group Swimming Lessons
4p - 6:15p (2)

Open Swim
4:30p - 6:15p (2)
6:15p - 7p (4)

THUR

6:30a - 9:15a (4)
9:15a - 10:45a (1)
10:45a - 12p (4)

Water Aerobics
9:15a - 10a (3)
H2O Pump
10a - 10:45a (3)

Group Swimming Lessons
4:30p - 6p (2)
Swim Team
6p - 7p (2)

Open Swim
4:30p - 6p (2)
6p - 7p (2)

FRI

8a - 9:15a (4)
9:15a - 10:45a (1)
10:45a - 12p (4)

Water Aerobics
9:15a - 10:00a (3)
H2O Pump
10:00a - 10:45a (3)



Open Swim
4:30p - 7p (4)

SAT
SUN

Group Swimming Lessons
10a - 12p (4)

Open Swim
12p - 3p (4)

Closed

Closed



611 N. Hancock St
Ottumwa, IA
641.684.6571

Nicole Copple, Aquatics Director
Nicole@ottumwaymca.com



OTTUMWA FAMILY YMCA AQUATICS PROTOCOLS

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

- If you or any member of your family are ill, please postpone your visit
- 4 lanes of lap swim are available
- Lane sharing is allowed
- Water walkers can use lap swim lane for exercise
- Swim Team and Swim Lesson participants can study their specific protocol on their registration forms or inquire @ Member Services
- Showers are required before entering the pool
- Only YMCA staff are permitted access to the aquatics supply closet
- No outside footwear is allowed on the pool deck
- No food or drinks are allowed in the pool area
- Children 10 & under need a parent in the pool with them
- No horse pay allowed
- Anyone who cannot swim needs to stay in the shallow end
- Life jackets are not allowed in the deep end
- No child is allowed to be left unattended

For information, please contact Nicole Copple, Aquatics Director @
641.684.6571 ex. 16 or Nicole@ottumwaymca.com