



CITY OF
AmesTM
PARKS & RECREATION

Fitch Family Indoor Aquatic Center August Calendar

Located at 115 N Elm St., Ames

Phone: 515-239-5440 Email: amesparkrec@cityofames.org

Website: www.amesparkrec.org

DROP-IN ADMISSION: Adult Lap Swim/Water Walking \$7 Story County Resident Fee
\$8 Non-Resident Fee

Adult Fitness/Aqua Aerobics \$8 Resident/Non-Resident Fee

Walking Track: FREE during open hours

Pool Key: WP = Wellness Pool
CC = Current Channel
LP = Lap Pool

<i>SUN</i>	<i>MON</i>	<i>TUES</i>	<i>WED</i>	<i>THURS</i>	<i>FRI</i>	<i>SAT</i>
CLOSED	5:30 AM - 7:30 PM	7:30 AM - 7:30 PM	5:30 AM - 7:30 PM	7:30 AM - 7:30 PM	5:30 AM - 5:00 PM	8:00 - 8:45 AM
						1 8:00-8:45 AM Cycle Interval
2	3 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Aqua Fit-WP 9-9:45 AM Cycle Strength 9-9:45 AM Aqua Gentle-WP 5:30-6:15 PM Zumba 6:30-7:15 PM Simply Strength	4 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 9-9:45 AM Aqua Gentle-WP 11:15 AM-12 PM Sneakers 5:30-6:15 PM Boxing Bootcamp 6:30-7 PM Intro to Cycle	5 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Aqua Fit-WP 9-9:45 AM Aqua Gentle-WP 9-9:45 AM Cycle Strength 10:15-11:15 AM Gentle Yoga 11:15 AM-12 PM Sneakers 5:30-6:15 PM Zumba 6:30-7:15 PM Simply Strength	6 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 9-9:45 AM Aqua Gentle-WP 11:15 AM-12 PM Sneakers 4:30-5:15 PM Simply Strength 5:30-6:15 PM Yoga 6:30-7:15 PM Cycle Blast	7 5:30-6:15 AM Cycle Interval 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Balance, Strength & Stretch 8-8:45 AM Aqua Fit-WP 9-9:45 AM Aqua Gentle-WP	8 8:00-8:45 AM Cycle Interval

The Parks and Recreation Department reserves the right to alter this schedule

if events or activities warrant. Special events or time changes will be posted at

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CLOSED	7:30 AM - 5:00 PM	7:30 AM - 5:00 PM	7:30 AM - 5:00 PM	7:30 AM - 5:00 PM	7:30 AM - 5:00 PM	CLOSED
9	10 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Aqua Fit-WP 9-9:45 AM Aqua Gentle-WP	11 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 9-9:45 AM Aqua Gentle-WP	12 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Aqua Fit-WP 9-9:45 AM Aqua Gentle-WP	13 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 9-9:45 AM Aqua Gentle-WP	14 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Aqua Fit-WP 9-9:45 AM Aqua Gentle-WP	15

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CLOSED	5:30 AM - 6:30 PM	7:30 AM - 6:30 PM	5:30 AM - 7:30 PM	7:30 AM - 6:30 PM	5:30 AM - 5:00 PM	8:00 - 8:45 AM
16	17 5:30-6:15 AM Cycle Interval 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Aqua Fit-WP 9-9:45 AM Aqua Gentle-WP 9-9:45 AM Cycle Strength 5:30-6:15 PM Zumba	18 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 9-9:45 AM Aqua Gentle-WP 11:15 AM-12 PM Sneakers 5:30-6:15 PM Aqua Zumba-WP	19 5:30-6:15 AM Cycle Interval 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Aqua Fit-WP 9-9:45 AM Aqua Gentle-WP 9-9:45 AM Cycle Strength 5:30-6:15 PM Zumba 6:30-7:15 PM Simply Strength	20 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 9-9:45 AM Aqua Gentle-WP 11:15 AM-12 PM Sneakers 5:30-6:15 PM Yoga	21 5:30-6:15 AM Cycle Interval 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Aqua Fit-WP 9-9:45 AM Aqua Gentle-WP	22 8:00-8:45 AM Cycle Interval

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23	24 5:30-6:15 AM Cycle Interval 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 9-9:45 AM Cycle Strength 9-9:45 AM Aqua Gentle-WP 12:10-12:55 PM Pilates Fusion 5:30-6:15 PM Zumba 6:00-6:45 PM Deep Water-LP 6:30-7:15 PM Simply Strength	25 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 7-7:45 AM Aqua Fit-WP 8-8:45 AM Aqua Fit-WP 11:15 AM-12 PM Sneakers 4:30-5:15 PM Simply Strength 5:30-6:15 PM Boxing Bootcamp 7:00-7:45 PM Aqua Zumba-WP	26 5:30-6:15 AM Cycle Interval 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 9-9:45 AM Aqua Gentle-WP 9-9:45 AM Cycle Strength 11:15 AM-12 PM Sneakers 5:30-6:15 PM Zumba 6:00-6:45 PM Deep Water-LP 6:30-7:15 PM Simply Strength	27 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 7-7:45 AM Aqua Fit-WP 8-8:45 AM Aqua Fit-WP 11:15 AM-12 PM Sneakers 4:30-5:15 PM Simply Strength 6:30-7:15 PM Cycle Blast	28 5:30-6:15 AM Cycle Interval 7:30-9 AM Lap Swim-LP 7:30-9 AM Water Walk-CC 8-8:45 AM Balance, Strength & Stretch 9-9:45 AM Aqua Gentle-WP 12:10-12:55 PM Zumba	29 8:00-8:45 AM Cycle Interval 9:00-9:45 AM Zumba

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