Fitch Family Indoor Aquatic Center November Calendar

CITY OF ames™ PARKS & RECREATION

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:
$6 Youth Story County Resident Fee (1-15)
$7 Story County Resident Fee (* Adult 60+ $6.50)
$7 Youth Non-Resident Fee
$8 Non-Resident Fee (* Adult 60+ $7.50)
$6.50 ISU Student

Adult Fitness/Aqua Aerobics: $8 Resident/Non-Resident Fee
Walking Track: FREE during open hours

Pool Key:
IWE = Ind. Water Exercise
RP = Recreation Pool
WP = Wellness Pool
CC = Current Channel
LP = Lap Pool

SUN	MON	TUES	WED	THURS	FRI	SAT
11 AM – 8 PM	5:30AM – 8PM	5:30AM – 8PM	5:30AM – 8PM	5:30AM – 8PM	5:30AM – 8PM	7AM – 8PM
1 11AM – 8PM Walking Track 11 AM-1:45 PM Lap Swim (LP) 11 AM-1:45 PM IWE (WP) 11 AM-2 PM Water Walking (CC) 11 AM-2 PM Tot Time (RP) 2-7 PM Open Swim (No WP) 7-8 PM Water Walking (CC) 7:15-8 PM Lap Swim (LP) 8:15-9:45PM Priv. Rent.	2 11AM – 8PM Walking Track 5:30 AM-1P M Lap Swim (LP) 7:30 AM-1 PM Water Walking (CC) 9-9:45 AM Aqua Gentle (WP) 10 AM-1 PM IWE (WP) 10 AM-1 PM Tot Time (RP) 5-7 PM Open Swim (No WP) 6-6:45 PM Deep Water (LP) 7-8 PM Water Walking (CC) 7:15-8 PM Lap Swim (LP) 8:15-9:45 PM Priv. Rent.	3 11AM – 8PM Walking Track 5:30 AM-1 PM Lap Swim (LP) 7:30 AM-1 PM Water Walking (CC) 8-8:45 AM Aqua Fit (WP) 10 AM-1 PM Tot Time (RP) 5-8:25 PM Swim Lessons 7-7:45 PM Aqua Zumba (WP) 7-8 PM Water Walking (CC)	4 11AM – 8PM Walking Track 5:30 AM-1 PM Lap Swim (LP) 7:30 AM-1 PM Water Walking (CC) 9-9:45 AM Aqua Gentle (WP) 10 AM-1 PM IWE (WP) 10 AM-1 PM Tot Time (RP) 5-7 PM Open Swim (No WP) 6-6:45 PM Deep Water (LP) 7-8 PM Water Walking (CC) 7:15-8 PM Lap Swim (LP) 8:15-9:45 PM Priv. Rent.	5 11AM – 8PM Walking Track 5:30 AM-1 PM Lap Swim (LP) 8-8:45 AM Aqua Fit (WP) 7:30 AM-1 PM Water Walking (CC) 10 AM-1 PM Tot Time (RP) 5-8:25 PM Swim Lessons 7-8 PM Water Walking (CC)	6 11AM – 8PM Walking Track 5:30 AM- 1PM Lap Swim (LP) 7-7:45 AM Aqua Fit (WP) 7:30 AM-1 PM Water Walking (CC) 9-9:45 AM Aqua Gentle (WP) 10 AM-1 PM IWE (WP) 10 AM-1 PM Tot Time (RP) 5-7 PM Open Swim (No WP) 7-8 PM Water Walking (CC) 7:15-8 PM Lap Swim (LP) 8:15-9:45 PM Priv. Rent	7 11AM – 8PM Walking Track 7-9 AM Lap Swim (LP) 9-11:50 AM Swim Lessons 9:45 AM-2 PM Water Walking (CC) 12-1:45 PM Lap Swim (LP) 12-1:45 PM IWE (WP) 12-2 PM Tot Time (RP) 2-8 PM Open Swim 8:15-9:45 PM Priv. Rent

Lap swim and water walking: ages 16+
Tot time: ages 0 to 7

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 www.cityofames.org/prcalendars. *Group fitness classes posted at: https://www.cityofames.org/My-Government/Departments/Parks-and-Recreation/Facility-CalendarsHours-of-Operation.

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