Fitch Family Indoor Aquatic Center November Calendar

CITY OF ames™ PARKS & RECREATION

Located at 115 N Elm Ave., 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 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 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) 1-5 PM Pool closed 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 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) 1-5 PM Pool closed 5-8:25 PM Swim Lessons 7-7:45 PM Aqua Zumba (WP) 7-8 PM Water Walking (CC)	4 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) 1-5 PM Pool closed 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 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) 1-5 PM Pool closed 5-8:25 PM Swim Lessons 7-8 PM Water Walking (CC)	6 5:30 AM- 1 PM 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) 1-5 PM Pool closed 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 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.

Fitch Family Indoor Aquatic Center November Calendar

CITY OF ames™ PARKS & RECREATION

Located at 115 N Elm Ave., 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
8 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) 8:15-9:45 PM Priv. Rent.	9 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) 1-5 PM Pool closed 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.	10 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) 1-5 PM Pool closed 5-8:25 PM Swim Lessons 7-7:45 PM Aqua Zumba (WP) 7-8 PM Water Walking (CC)	11 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) 1-5 PM Pool closed 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.	12 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) 1-5 PM Pool closed 5-8:25 PM Swim Lessons 7-8 PM Water Walking (CC)	13 5:30 AM-1 PM 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) 1-5 PM Pool closed 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	14 7-9 AM Lap Swim (LP) 9-11:50 AM Swim Lessons 12-2 PM PIRATE Party! (ALL Basins- No WP) 2-8 PM Open Swim 8:15-9:45 PM Priv. Rent No 9:45 AM-2 PM Water Walking No 12-1:45 PM Lap Swim No 12-1:45 PM IWE No 12-2 PM Tot Time

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.

Fitch Family Indoor Aquatic Center November Calendar

CITY OF ames™ PARKS & RECREATION

Located at 115 N Elm Ave., 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
15 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) 8:15-9:45 PM Priv. Rent.	16 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) 1-5 PM Pool closed 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.	17 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) 1-5 PM Pool closed 5-8:25 PM Swim Lessons 7-7:45 PM Aqua Zumba (WP) 7-8 PM Water Walking (CC)	18 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) 1-5 PM Pool closed 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.	19 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) 1-5 PM Pool closed 5-8:25 PM Swim Lessons 7-8 PM Water Walking (CC)	20 5:30 AM-1 PM 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) 1-5 PM Pool closed 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	21 7-9 AM Lap Swim (LP) *8:30AM-11AM CPR/AED/FIRSTAID CLASS 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 (No WP) 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.

Fitch Family Indoor Aquatic Center November Calendar

CITY OF ames™ PARKS & RECREATION

Located at 115 N Elm Ave., 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
22 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) 8:15-9:45 PM Priv. Rent.	23 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) 1-5 PM Pool closed 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.	24 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) 1-5 PM Pool closed 5-8:25 PM Swim Lessons 7-7:45 PM Aqua Zumba (WP)	25 5:30 AM-1 PM Lap Swim (LP) 7:30 AM-1 PM Water Walking (CC) 10 AM-1 PM IWE (WP) 10 AM-1 PM Tot Time (RP) 1-5 PM Pool closed 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. No Aqua Classes	26 FITCH CLOSED FOR THANKSGIVING	27 FITCH CLOSED FOR THANKSGIVING* *Exception: 4:30-9:30 PM Lifeguard Training	28 7-9 AM Lap Swim (LP) *7:30 AM-8 PM Lifeguard Training 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 (No WP) No Swim Lessons No Aqua Classes No 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.

Fitch Family Indoor Aquatic Center November Calendar

CITY OF ames PARKS & RECREATION

Located at 115 N Elm Ave., 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
29 *7:30 AM-8 PM Lifeguard Training 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) * No Priv. Rent.	30 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) 1-5 PM Pool closed 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.					

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.