ALGONA FAMILY YMCA

AQUATICS CENTER

Monday–Friday 6:00 am – 7:00 pm

Saturday 7:30 am – 3:00 pm

Sunday 11:00 am – 3:00 pm

Pool breaks will be taken at the last 10 minutes of the hour. (Lap swimming and aerobic classes will be allowed to stay in the water). Two lifeguards are needed for slide or diving board. Three lifeguards are needed for slide and diving board at the same time.

Water Fitness

Monday

7:30 AM
H20 Combo
Becky Tietz
45 minutes

12:00 PM
Rusty Hinges
Joan Keehn
45 minutes

Tuesday

6:00 AM
Aqua Blast
Becky Tietz
45 minutes

7:30 AM
Strength and Strengthen
Angie Roethler
45 minutes

5:00 PM
Aqua Lo
Jane Missal
45 minutes

Wednesday

7:30 AM
H20 Combo
Becky Tietz
45 minutes

12:00 PM
Rusty Hinges
Joan Keehn
45 minutes

Thursday

6:00 AM
Aqua Blast
Becky Tietz
45 minutes

7:30 AM
Strength and Strengthen
Angie Roethler
45 minutes

5:00 PM
Aqua Lo
Jane Missal
45 minutes

Friday

7:30 AM
H20 Combo
Becky Tietz
45 minutes