

## Welcome YMCA Members!

The City of Galesburg Parks & Recreation Department is happy to partner with the Knox County YMCA and offer our lap swim and aquatic fitness classes to you at no charge during the YMCA pool shut down. From August 10th to August 31st 2019 you are welcomed to join us at Open/Lap Swim at Hawthorne pool or any Aquatic Fitness class.

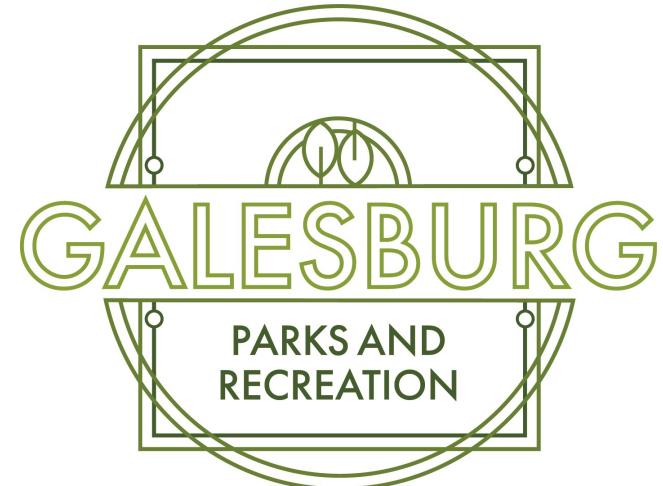
This does not apply to Lakeside Water Park open swim times.

You may be asked to show your YMCA card to staff at the desk when you come to the facility—a sign in sheet will be available at the desk. If participating in Aquatic Fitness at Lakeside please show the lifeguard your YMCA tag.

We will be switching some of our class locations during your window of use—please use the calendar to determine when and where pool use is available. Any pool closures will be posted on our Rainout Line (<https://rainoutline.com/search/dnis/3092444114/>). You can sign up for update text messages or emails by following the link. Additionally you can call 244-4114 and check extension 5 for Lakeside and extension 15 for Hawthorne.

Thank you,

- *The City of Galesburg Recreation Team*



### Aquatic Fitness Class Descriptions

**Aqua Ease** is a low impact workout class that focuses on activities that can be scaled based on the physical ability of participants. Water walking, walk workouts, minor barbell & noodle use throughout classes.

**Aqua Motion**, though still low impact, is a higher challenge level aquatic workout class. Participants are challenged to get their heart rate up and build muscles through water resistance and various other activities.

**Aqua Zumba** is our most challenging aquatic fitness class with our certified instructor leading choreographed dance moves from the deck (and occasionally in the water). Dance the pounds and stress away with Aqua Zumba!

### Customer Appreciation

We are offering customer appreciation monthly drawings!

You are welcome to sign up for these & can enter your name once per day. Entry forms are on the Hawthorne desk as you come in. Drawings are held at the end of each month for a variety of prizes!

## Aquatic Program Schedule: 6/10/2019 - 8/16/2019

### Hawthorne Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 6-8a Aqua Ease 8a Aqua Motion 5:30p	Aqua Ease 8a Swim Lessons 4-7p Aqua Motion / Aqua Zumba 6:30p	Lap Swim 6-8a Aqua Ease 8a Aqua Motion 5:30p	Aqua Ease 8a Swim Lessons 4-7p Aqua Motion / Aqua Zumba 6:30p	Lap Swim 6-8a Aqua Ease 8a Aqua Motion 5:30p	
Lakeside Water Park						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Motion/ Aqua Zumba 9a		Aqua Motion/ Aqua Zumba 9a		Aqua Motion/ Aqua Zumba 9a	

### Hawthorne Pool Schedule 8/17/2019 - May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 1-4pm	Lap Swim 6-8a Aqua Ease 8a Aqua Motion/ Aqua Zumba 9a Open Swim 4-6:30p Aqua Motion 5:30p	Aqua Ease 8a Swim Lessons 4-7p Aqua Motion / Aqua Zumba 6:30p	Lap Swim 6-8a Aqua Ease 8a Aqua Motion/ Aqua Zumba 9a Open Swim 4-6:30p Aqua Motion 5:30p	Aqua Ease 8a Swim Lessons 4-7p Aqua Motion / Aqua Zumba 6:30p	Lap Swim 6-8a Aqua Ease 8a Aqua Motion 9a Open Swim 4-6:30p Aqua Motion 5:30p	

**Office:** 1033 S. Lake Storey Rd M-F 8:30a—5p 345-3683

**Lakeside Water Park:** 1033 S. Lake Storey Rd

**Hawthorne Pool:** 2331 Veterans Dr

**Register Online:** [galesburg.maxgalaxy.net](http://galesburg.maxgalaxy.net)

**Monthly Email Sign Up:** <https://mailchi.mp/ec1012695bc1/cogparksrecreation>