



eliminating racism  
empowering women  
**ywca**

# LAP POOL SCHEDULE

## January 7th - March 31st

	LAP SWIM	WATER EXERCISE	PROGRAMMING
<b>M O N D A Y</b>	5:30-7:30 AM	AQUA BODY STRONG (CAT) 5:15-5:45 AM	
	9:25-1:00 PM	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM	SWIM LESSONS 4:30-6:55 PM
	4:00-8:00 PM*	DEEP WATER AEROBICS (PAT) 9:25-10:10 AM AQUA ZUMBA (NATALI) 10:15-11:00AM	SWIM TEAM PRACTICE 5:30-8:00 PM
<b>T U E S D A Y</b>	5:30-7:30 AM	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM	SWIM LESSONS
	10:15 AM-1:00 PM	AQUA BODY STRONG (ROTATING) 10:15-10:45 AM	SWIM TEAM PRACTICE
	4:00-8:00 PM*	FAMILY AQUA BODY STRONG 5:00-5:30 PM (LISA)	5:30-8:00 PM
<b>W E D N E S D A Y</b>	5:30-7:30 AM	AQUA BODY STRONG (CAT) 5:15-5:45 AM	
	9:25 AM-1:00 PM	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM	SWIM LESSONS 4:30-6:55 PM
		DEEP WATER AEROBICS (PAT) 9:25-10:10 AM	SWIM TEAM PRACTICE
	4:00-8:00 PM*	AQUA ZUMBA (NATALI) 10:15-11:00 AM AQUA BODY STRONG (AMY) 6:45-7:30 PM	5:30-8:00 PM
<b>T H U R S D A Y</b>	5:30-7:00 AM	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM	SWIM LESSONS 4:30-6:05 PM
	10:15 AM-1:00 PM	AQUA BODY STRONG 10:15-10:45 AM	SWIM TEAM PRACTICE
	4:00-8:00 PM*	(ROTATING INSTRUCTORS)	5:30-8:00 PM
<b>F R I D A Y</b>	5:30-7:30 AM	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM	
	9:30-1:00 PM	DEEP WATER AEROBICS (PAT) 9:25-10:10 AM	USA SWIM TEAM PRACTICE 4:15-5:30 PM
	4:00-6:00 PM		
<b>S A T</b>	8:00-10:15 AM	AQUA BODY STRONG 9:30-10:15 AM	SWIM LESSONS 8:30-10:05 AM
	1:00-5:00 PM		
<b>S U N</b>	1:00-5:00 PM		

Hours are subject to change for events.

\* Lane space is limited. Swimmers must share lanes when applicable. Program classes have priority. Lap Swim times with an \* may be limited to 1-2 lanes due to programming.

Swim test are required for patrons 14 and younger. The swim test is one length of the pool

Swim suits are required at all times.

Children under 8 must be supervised by an adult at least 14 years old on the pool deck.

Children under 6 must be supervised by an adult at least 14 years old in the water.

Lifeguards reserve the right to administer swim tests as needed

Lap pool is for exercise swimming only; persons not following guidelines will be asked to leave.

Lanes available for lap swimming will be posted in pool area.

AquaBodyStrong and swim lessons will move to rec pool on January 19th.

Lap pool closes at 9:00 AM for Blue Wave Swim Meets on January 19th.

Rec and Lap Pools will be closed for Y State Swim Meet on March 2nd and 3rd. Come cheer on the Marshalltown Blue Wave Swim Team!

Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org



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# REC POOL SCHEDULE

January 7th - March 31st

	FITNESS/OPEN SWIM	WATER EXERCISE	PROGRAMMING
<b>M O N D A Y</b>	<b>OPEN SWIM 7:00-8:30 PM</b>	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (Pat) 8:30-9:15 AM RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM VORTEX (TAMMY) 6:00-6:45 PM	HOME SCHOOL (CONNIE) 3:00-3:45 PM SWIM LESSONS 9:15-10:45 AM (CONNIE) SWIM LESSONS 4:30-6:55 PM
<b>T U E S D A Y</b>	FITNESS SWIM 7:00-8:30 AM  FITNESS SWIM/OPEN SWIM 11:00 AM-1:00 PM NO SPRAY FEATURES <b>OPEN SWIM 7:00-8:30 PM</b>	SENIOR AQUA AEROBICS(Judy) 8:30-9:15 AM MOVING & STRETCHING 10:15-11:00 AM (CONNIE) VORTEX (SANDY) 12:15-1:00 PM SENIOR AQUA AEROBICS 1:00-1:45 PM (CONNIE) AQUA AEROBICS (Amy) 6-6:45 PM	SWIM LESSONS 4:30-6:55 PM
<b>W E D N E S D A Y</b>	<b>OPEN SWIM 7:00-8:30 PM</b>	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (Pat) 8:30-9:15 AM RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM VORTEX (TAMMY) 6:00-6:45 PM	SWIM LESSONS 9:15-10:45 AM (CONNIE)  SWIM LESSONS 4:30-6:55 PM
<b>T H U R S D A Y</b>	FITNESS SWIM 7:00-8:30 AM  FITNESS SWIM/OPEN SWIM 11:00 AM-1:00 PM NO SPRAY FEATURES <b>OPEN SWIM 7:00-8:30 PM</b>	SENIOR AQUA AEROBICS(Judy) 8:30-9:15 AM MOVING & STRETCHING 10:15-11:00 AM (CONNIE) VORTEX (SANDY) 12:15-1:00 PM SENIOR AQUA AEROBICS 1:00-1:45 PM (CONNIE) AQUA AEROBICS (Amy) 6-6:45 PM	SWIM LESSONS 4:30-6:55 PM
<b>F R I D A Y</b>	SENIOR SWIM 9:15-10:45 AM  <b>OPEN SWIM 4:00-7:00 PM</b>	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (Pat) 8:30-9:15 AM RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM ADAPTIVE AEROBICS (Christine) 4:15-5:00 PM	
<b>S A T U R D A Y</b>	<b>OPEN SWIM 1-5 PM</b>		SWIM LESSONS 8:30-10:05 AM
<b>S U N D A Y</b>	<b>OPEN SWIM 1-5 PM</b>		

Hours are subject to change for events.

Swim test are required for patrons 14 and younger. The swim test is one length of the pool.

Slide availability determined by number of patrons.

Swimmers must be 48" tall to use the green water slide.

Swim suits required at all times.

Children under 8 must be supervised by an adult at least 14 years old on the pool deck.

Children under 6 must be supervised by an adult at least 14 years old in the water.

Multiple activities scheduled in this pool at the same time.

Only adults 18+ may use spa when recreation pool is closed.

AquaBodyStrong and swim lessons will move to rec pool on January 19th.

Rec and Lap Pools will be closed for Y State Swim Meet on March 2nd and 3rd. Come cheer on the Marshalltown Blue Wave Swim Team!

**Marshalltown YMCA-YWCA**

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