



eliminating racism
empowering women
ywca

LAP POOL SCHEDULE

August 28th-December 24th

	LAP SWIM	WATER EXERCISE	PROGRAMMING
M O N D A Y	5:30-6:00 AM (8) 6:00-6:45 AM (4) 6:45-7:30 AM (8) 9:30-10:15 AM (5) 10:15 AM-11:00 AM (5) 11:00 - 1:00 PM (8) 4:00-4:30 (8) 4:30-7:00 PM (2-6) 7:00-8:00 PM (8)	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM (4) DEEP WATER AEROBICS (PAT) 9:25-10:10 AM (3) AQUA ZUMBA (NATALI) 10:15-11 AM (3)	SWIM LESSONS 4:30-6:55 PM (1) PORPOISE CLUB (Sept 19) 5:30-6:30 PM (4-6) SWIM TEAM (Oct 24) 5:30-8 PM (6)
T U E S D A Y	5:30-6:00 AM (8) 6:00-6:45 AM (4) 6:45-7:30 AM (2-3) 10:15 AM-1:00 PM (8) 4:00-8:00 (2-4)	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM (4)	SWIM LESSONS (fall 1 only) 6:10-6:55 PM (1) SWIM TEAM (Oct 25) 5:30-8 PM (6)
W E D N E S D A Y	5:30-6:00 AM (8) 6:00-6:45 AM (4) 6:45-7:30 AM (8) 9:30-10:15 AM (5) 10:15 AM-11:00 AM (5) 11:00 - 1:00 PM (8) 4:00-4:30 (8) 4:30-7:00 PM (2-6) 7:00-8:00 PM (8)	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM (4) DEEP WATER AEROBICS (PAT) 9:25-10:10 AM (3) AQUA ZUMBA (NATALI) 10:15-11 AM (3)	SWIM LESSONS 4:30-6:55 PM (1) PORPOISE CLUB (Sept 21) 5:30-6:30 PM (4-6) SWIM TEAM (Oct 26) 5:30-8 PM (6)
T H U R S D A Y	5:30-6:00 AM (8) 6:00-6:45 AM (4) 6:45-7:30 AM (2-3) 10:15 AM-1:00 PM (8) 4:00-8:00 (2-4)	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM (4)	SWIM LESSONS (fall 1 only) 6:10-6:55 PM (1) SWIM TEAM (Oct 27) 5:30-8 PM (6)
F R I D A Y	5:30-6:00 AM (8) 6:00-6:45 AM (3) 6:45-7:30 AM (8) 9:30-10:15 AM (5) 10:15 - 1:00 PM (8) 4:00-6:00 (8)	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM (3) DEEP WATER AEROBICS (PAT) 9:25-10:10 AM (3)	
S A T	8:00-8:30 AM (8) 8:30-10:15 AM (6) 1:00-5:00 PM (8)		SWIM LESSONS 8:30-10:05 AM (2) DIVING 10:00-12:00 PM
S U N	1:00-5:00 PM (8)		

numbers in parenthesis are lanes that are available

Hours are subject to change for events.

Swim test are required for patrons 18 and younger. The swim test is one length of the pool

Lane space is limited. Swimmers must share lanes when applicable.

Swim suits are required at all times.

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

Children under 6 must be supervised by an adult at least 14 years 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.

Lap pool is closed for events on these days:
October 14
November 3 evening
November 4

Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ywca-ywca.org



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REC POOL SCHEDULE

August 28th-December 24th

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

Hours are subject to change for events.

Swim test are required for patrons 18 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 on the pool deck.

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

Multiple activities scheduled in this pool at the same time.

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

Schools Out Fun Days
2-4PM
October 6
October 27
November 22
November 24

Rec pool is closed for events on these days:
November 4

Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

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