



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

5/2/22 - 6/5/22

MON	TUE	WED	THU	FRI	SAT	SUN
Lap Swim 5:30-7:30 AM	Lap Swim 5:30-7:30 AM	Lap Swim 5:30-7:30 AM	Lap Swim 5:30-7:30 AM	Lap Swim 5:30-7:30 AM	Lap Swim 8:00-10:15 AM	Lap Closed
Aqua Body Strong 5:15-6:00 AM Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Aqua Body Strong 5:15-6:00 AM Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Aqua Body Strong 5:15-6:00 AM Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Aqua Body Strong 8:00 - 8:45AM Swim Lessons 8:30-10:15AM Ends 5/21 5 Lanes Open	7:00am - 1:00P
LAP POOL CLOSED 7:30-9:25AM	LAP POOL CLOSED 7:30-10:15AM	LAP POOL CLOSED 7:30-9:25AM	LAP POOL CLOSED 7:30-10:15AM	LAP POOL CLOSED 7:30-9:25AM	Diving 10:00-12:00	
Lap Swim 9:25-1:00 PM	Lap Swim 10:15-1:00PM	Lap Swim 9:25-1:00 PM	Lap Swim 10:15-1:00PM	Lap Swim 9:25-1:00 PM	LAP POOL CLOSED 12:00-1:00PM	Lap Closed
Deep Water Aerobics 9:25-10:10 AM 5 Lanes open	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM 5 Lanes Open	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM 5 Lanes Open	Lap Swim 1:00-5:00 PM	Lap Swim 1:00-5:00 PM
Aqua Dance 10:15-11:00am 1:00-4:00 PM POOL CLOSED		Aqua Dance 10:15-11:00am 1:00-4:00 PM POOL CLOSED		Lap Pool Closed	<ul style="list-style-type: none"> * Hours are subject to change for events. * Recommended to shower before and after swimming * Swim Suits required. * Swim test required for anyone under 14 yrs old * Children under 8 must be supervised by an adult at least 14 yrs old on the deck. * Children under 6 must be supervised by an adult at least 14 yrs old in the water. * <u>Lane space is limited. Swimmers must share lanes when applicable.</u> * <u>Program classes have priority. Lap Swim times may be limited to 1-2 lanes due to programing.</u> * Lifeguards reserve the right to administer swim tests. 	
Lap Swim 4:00-7:15 PM	Lap Swim 4:00-7:15 PM	Lap Swim 4:00-7:15 PM	Lap Swim 4:00-7:15 PM			
Swim Lessons 4:30-7:15 PM End 5/18	Swim Lessons 4:30-7:15 PM End 5/17	Swim Lessons 4:30-7:15 PM End 5/18	Swim Lessons 4:30-7:15 PM End 5/19			
Porpoise Club 5:30-6:30	Diving 5:30-7:00PM	Porpoise Club 5:30-6:30				
MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:15 PM						



eliminating racism
empowering women
ywca

MARSHALLTOWN YMCA-YWCA

REC POOL SCHEDULE

5/2/22 - 6/5/22

MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Aerobics 7:00-7:45 AM	Water Walking 7:00-8:30 AM Senior Aqua Aerobics 8:30-9:15 AM	Aqua Aerobics 7:00-7:45 AM	Water Walking 7:00-8:30 AM Senior Aqua Aerobics 8:30-9:15 AM	Aqua Aerobics 7:00-7:45 AM	Swim Lessons 8:30-10:15 AM End 5/21	Open Swim 1-5pm
Senior Aqua Aerobics 7:45-8:30 AM 8:30-9:15 AM	Moving & Stretching 10:15-11:00 AM Vortex	Senior Aqua Aerobics 7:45-8:30 AM 8:30-9:15 AM	Moving & Stretching 10:15-11:00 AM Vortex	Senior Aqua Aerobics 7:45-8:30 AM 8:30-9:15 AM	Open Swim 1-5pm	
Swim Lessons 9:15-11:00 AM	11:00-11:45AM	Swim Lessons 9:15-11:00 AM	11:00- 11:45AM	Senior Swim 9:15-10:45 AM		
End 5/18		End 5/18				
Rusty Hinges 10:45-11:30 AM Aqualates 11:00-12 PM	Parent Tot 11:00-12:00PM	Rusty Hinges 10:45-11:30 AM Aqualates 11:00-12 PM	Parent Tot Swim 11:00-12:00pm	Rusty Hinges 10:45-11:30 AM Aqualates 11:00-12 PM	Water Walking is for adults only. Recommended to shower before and after swimming. Swim test required for anyone under 14 yrs old Swim Suits required Children under 8 must be supervised by an adult at least 14 yrs old on the pool deck. Children under 6 must be supervised by an adult at least 14 yrs old in the water. Please bring your own towels. No towel service.	
	MCSO SAW 12:30-2:30PM End 5/17	MCSO SAW 12:30-2:30PM End 5/17	MCSO SAW 12:30-2:30PM End 5/17	MCSO SAW 12:30-2:30PM End 5/17		
Swim Lessons 4:30-7:15 PM End 5/18	Swim Lessons 4:30-7: 15 PM End 5/17	Swim Lessons 3:00-7:15 PM End 5/18	Swim Lessons 4:30-7:15 PM End 5/19	Adaptive		
Vortex 6:00-6:45PM	OPEN SWIM 7:15-8:30PM	Vortex 6:00-6:45PM	Aqua Aerobics 6:00-6:45 PM	Aerobics 4:15-5:00 PM		
Rec Pool Closed 7:15PM		Rec Pool Closed 7:15PM	Rec Pool Closed 7:15PM	REC POOL CLOSED 5:00PM		