



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

January 3rd-March 29th

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 Swim 1:00-5:00PM
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 8:30-10:15 AM 5 Lanes Open	
7:30-9:25 AM LAP POOL CLOSED	7:30-10:15 AM LAP POOL CLOSED	7:30-9:25 AM LAP POOL CLOSED	7:30-10:15 AM LAP POOL CLOSED	7:30-9:25 AM LAP POOL CLOSED	10:15-1:00 PM LAP POOL CLOSED	
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 Swim 1:00-5:00 PM	
Deep Water Aerobics 9:25-10:10 AM 3 Lanes open	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM 3 Lanes Open	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM 3 Lanes Open	<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. * Lane space is limited. Swimmers must share lanes when applicable. * Program classes have priority. Lap Swim times may be limited to 1-2 lanes due to programing. * Lifeguards reserve the right to administer swim tests. * Lap Swim Closed for Home Swim Meets: <ul style="list-style-type: none"> - January 14th - January 28th - Sectionals Febuary 12th (Both pools) - YMCA State Swim March 4th-5th (Both pools) 	
Aqua Dance 10:15-11:00am		Aqua Dance 10:15-11:00am				
1:00-4:00 PM POOL CLOSED		1:00-4:00 PM POOL CLOSED		1:00-6:00PM POOL CLOSED		
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 Team 5:15-7:45pm One Lane open	Swim Team 5:15-7:45 pm One Lane open	Swim Team 5:15-7:00pm One Lane open	Swim Team 5:15-7:45pm One Lane open			
Swim Lessons 4:30-7:15 PM	Swim Lessons 4:30-7:15 PM	Swim Lessons 4:30-7:15 PM	Swim Lessons 4:30-7:15 PM			
MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:15 PM						



eliminating racism
empowering women
ywca

MARSHALLTOWN YMCA-YWCA

REC POOL SCHEDULE

January 3rd-March 29th

MON	TUE	WED	THU	FRI	SAT	SUN
Self Led & Water Walking 7:00-8:30 AM	Water Walking 7:00-8:30 AM Senior Aqua Aerobics 8:30-9:15 AM	Self Led & Water Walking 7:00-8:30 AM	Water Walking 7:00-8:30 AM Senior Aqua Aerobics 8:30-9:15 AM	Self Led & Water Walking 7:00-8:30 AM	8:15-10:15 AM Swim Lessons	Open Swim 1:00-5:00 PM
Senior Aqua Aerobics 8:30-9:15 AM	Vortex 10:15-11:00 AM Moving & Stretching 11:00-11:45AM	Senior Aqua Aerobics 8:30-9:15 AM	Vortex 10:15-11:00 AM Moving & Stretching 11:00- 11:45AM	Senior Aqua Aerobics 8:30-9:15 AM	Open Swim 1:00-5:00 PM	
Swim Lessons 9:15-11:00 AM		Swim Lessons 9:15-11:00 AM		Senior Swim 9:15-10:45 AM		
Rusty Hinges 10:45-11:30 AM Aqualates 11:00-12 PM	Parent Tot Swim & Water Walking 11:00-12:00PM	Rusty Hinges 10:45-11:30 AM Aqualates 11:00-12 PM	Parent Tot Swim & Water Walking 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. - Sectionals Febuary 12th (Both pools) - YMCA State Swim March 4th-5th	
12:00-4:30 PM Rec Pool Closed	12:00-4:30 PM Rec Pool Closed	12:00-4:30 PM Rec Pool Closed	12:00-4:30 PM Rec Pool Closed	12:00-4:15 PM Rec Pool Closed		
Swim Lessons 4:30-7:15 PM	Swim Lessons 4:30-7: 15 PM	Swim Lessons 3:00-7:15 PM	Swim Lessons 4:30-7:15 PM	Adaptive Aerobics 4:15-5:00 PM		
Vortex 6:00-6:45 PM		Vortex 6:00-6:45 PM	Aqua Aerobics 6:00-6:45 PM			
	Open Swim Rec Pool 7:30-8:30 PM		Open Swim Rec Pool 7:30-8:30 PM	REC POOL CLOSED		