



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

October 24th - December 18th

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	<p>Lap Swim 1:00 PM- 5:00PM</p>
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 (begins Sept. 4) 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 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	<p>* 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.</p> <p>Nov. 12, 13 (State Meet)</p>	
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 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						



MARSHALLTOWN YMCA-YWCA

REC POOL SCHEDULE

October 24th - December 18th

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	8:15-10:15 AM Swim Lessons	Open Swim 1:00-5:00 PM
Senior Aqua Aerobics 7:45-8:30 AM 8:30-9:15 AM	Moving & Stretching 10:15-11:00 AM Vortex 11:00-11:45AM	Senior Aqua Aerobics 7:45-8:30 AM 8:30-9:15 AM	Moving & Stretching 10:15-11:00 AM Vortex 11:00- 11:45AM	Senior Aqua Aerobics 7:45-8:30 AM 8:30-9:15 AM	Rec Pool Closed	
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 11:00-12:00 PM	Rusty Hinges 10:45-11:30 AM Aqualates 11:00-12 PM	Parent Tot Swim & Water Walking 11:00-12:00 PM	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.	
12:00-4:30 PM REC POOL CLOSED	12:00-4:30 PM REC POOL CLOSED	12:00-3:00 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			
Rec Pool Closed at 7:15pm						