



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

August 29TH-October 22th

| 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 1:00-5:00 PM | |
| 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 - 8:45 AM 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 10:15-1:00 PM | Lap Swim 9:25-1:00 PM | Lap Swim 10:15-1:00 PM | Lap Swim 9:25-1:00 PM | Lap Swim 1:00-5:00 PM | | |
| Deep Water Aerobics 9:25-10:10 AM Aqua Dance 10:15-11:00am 1:00-4:00 PM POOL CLOSED | 1:00-4:00 PM LAP POOL CLOSED | Deep Water Aerobics 9:25-10:10 AM Aqua Dance 10:15-11:00am 1:00-4:00 PM POOL CLOSED | 1:00-4:00 PM LAP POOL CLOSED | Deep Water Aerobics 9:25-10:10 AM 5 Lanes Open 1:00-6:00 PM 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. * 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 programming. * Lifeguards reserve the right to administer swim tests. <p>CLOSED NOTICE: Swim lessons will move to rec pool Aug: 29th-31st Lap swim closed for swim meet: Sep: 17th Oct: 15th, 18th, 20th Nov: 12th</p> | | |
| 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 | 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

August 29th-October 22th

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|---|--|---|--|--|--|
| Self Led & Water Walking 7:00-7:45 AM 7:45-8:30 AM | Water Walking 7:00-8:30 AM Senior Aqua Aerobics 8:30-9:15 AM | Self Led & Water Walking 7:00-7:45 AM 7:45-8:30 AM | Water Walking 7:00-8:30 AM Senior Aqua Aerobics 8:30-9:15 AM | Self Led & Water Walking 7:00-7:45 AM 7:45-8:30 AM | 8:15-10:15 AM Swim Lessons | <p>Open Swim 1:00-5:00 PM</p> |
| Senior Aqua Aerobics 8:30-9:15 AM | Vortex 10:15-11:00 AM Moving & Stretching | Senior Aqua Aerobics 8:30-9:15 AM | Vortex 10:15-11:00 AM Moving & Stretching | Senior Aqua Aerobics 8:30-9:15 AM | <p>Open Swim 1:00-5:00 PM</p> | |
| 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 | | |
| 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 | <p>Water Walking is for adults only. Recommended to shower before and after swimming.</p> <p>Swim test required for anyone under 14 yrs. old.</p> <p>Swim suits required.</p> <p>Children under 8 must be supervised by an adult at least 14 yrs. old on the pool deck.</p> <p>Children under 6 must be supervised by an adult at least 14 yrs. old in the water.</p> <p>Please bring your own towels. No towel service.</p> | |
| 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 4:30-7:15 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 6:15-7:00 PM | | | |
| | Open Swim Rec Pool 7:30-8:30 PM | | Open Swim Rec Pool 7:30-8:30 PM | | | |