



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	<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: 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							



eliminating racism
empowering women
ywca

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	Open Swim 1:00-5:00 PM
Senior Aqua Aerobics 8:30-9:15 AM	Moving & Stretching 10:15-11:00 AM Vortex	Senior Aqua Aerobics 8:30-9:15 AM	Moving & Stretching 10:15-11:00 AM Vortex	Senior Aqua Aerobics 8:30-9:15 AM	Open Swim 1:00-5:00 PM	
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	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.	
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	Children under 8 must be supervised by an adult at least 14 yrs. old on the pool deck.	
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	Children under 6 must be supervised by an adult at least 14 yrs. old in the water.	
Vortex 6:00-6:45 PM		Vortex 6:00-6:45 PM	Aqua Aerobics 6:00-6:45 PM		Please bring your own towels. No towel service. Rec Pool will be closed until 8/31/22 (Subject to change). Swim lessons will be held in the lap pool starting 8/29/22 till rec pool is open.	
	Open Swim Rec Pool 7-8:30 PM		Open Swim Rec Pool 7:30-8:30 PM			

