



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

November 1st- December 23rd

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	Aqua Body Strong 5:15-6:00 AM	Deep Water Aerobics 6:00-6:45 AM	Aqua Body Strong 5:15-6:00 AM	Aqua Body Strong 8:00 - 8:45 AM	
Deep Water Aerobics 6:00-6:45 AM	5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM	5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM	Swim Lessons 8:30-10:15 AM	
5 Lanes Open		5 Lanes Open		5 Lanes Open	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	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM	<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>Lap swim closed for swim meet: Nov 11th & 12th Dec 17th</p>	
Aqua Dance 10:15-11:00am		Aqua Dance 10:15-11:00am		5 Lanes Open		
1:00-4:00 PM POOL CLOSED		1:00-4:00 PM POOL CLOSED		1:00-6:00 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 5:15-7:45 PM	Swim Team 5:15-7:45 PM	Swim Team 5:15-7:00 PM	Swim Team 5:15-7:45 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

November 1st-December 23rd

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	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	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. 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.	
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			