



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

April 1st - June 3rd

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	Deep Water Aerobics 6:00-6:45 AM	Aqua Body Strong 5:15-6:00 AM Deep Water Aerobics 6:00-6:45 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 8:00 - 8:45AM Swim Lessons 8:30-10:15 AM	
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	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 programing. * Lifeguards reserve the right to administer swim tests. 	
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

April 1st - June 3rd

MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Aerobics/ Water Walking 7:00-8:30 AM	Water Walking 7:00-8:30 AM Senior Aqua Aerobics 8:30-9:15 AM	Aqua Aerobics/ Water Walking 7:00-8:30 AM	Water Walking 7:00-8:30 AM Senior Aqua Aerobics 8:30-9:15 AM	Aqua Aerobics/ 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	Parent Tot Swim & Water Walking 10:15-12:00PM	Rusty Hinges 10:45-11:30 AM	Parent Tot Swim & Water Walking 10:15-12:00PM	Rusty Hinges 10:45-11:30 AM	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. Pools may be extra busy this spring during the day due to the MCSD SAW program that will run April and May. Times vary	
Aq dance/vortex 10:15-11:00AM		Aq dance/vortex 10:15-11:00AM		Aq dance/vortex 10:15-11:00AM		
Aqualates 11:00-12 PM		Aqualates 11:00-12 PM		Aqualates 11:00-12 PM		
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 5:00PM		