



## MARSHALLTOWN YMCA-YWCA

## LAP POOL SCHEDULE

January 2nd – March 29th

| MON   | TUE   | WED   | THU   | FRI   | SAT   | SUN                                       |
|---|---|---|---|---|---|---|
| Lap Swim<br>5:00-7:00 AM  | Lap Swim<br>5:30-7:00 AM                            | Lap Swim<br>5:00-7:00 AM  | Lap Swim<br>5:30-7:00 AM                            | Lap Swim<br>5:00-7:00 AM  | Lap Swim<br>8:00-10:15 AM   | Lap Swim<br>1:00-5:00PM                   |
| Aqua Body Strong<br>5:15-6:00 AM<br>Deep Water Aerobics<br>6:00-6:45 AM<br>5 Lanes Open | Deep Water Aerobics<br>6:00-6:45 AM<br>5 Lanes Open | Aqua Body Strong<br>5:15-6:00 AM<br>Deep Water Aerobics<br>6:00-6:45 AM<br>5 Lanes Open | Deep Water Aerobics<br>6:00-6:45 AM<br>5 Lanes Open | Aqua Body Strong<br>5:15-6:00 AM<br>Deep Water Aerobics<br>6:00-6:45 AM<br>5 Lanes Open | Swim Lessons<br>8:30-10:15 AM<br>5 Lanes Open   |   |
| Masters Swim<br><br>6-7 AM 12-1 PM  | 7:00-10:15 AM<br><br>LAP POOL CLOSED                | Masters Swim<br><br>12-1 PM   | 7:00-10:15 AM<br><br>LAP POOL CLOSED                | Masters Swim<br><br>6-7 AM 12-1 PM  | 10:15-1:00 PM<br><br>LAP POOL CLOSED  |   |
| Lap Swim<br>9:25-1:00 PM  | Lap Swim<br>10:15-1:00PM                            | Lap Swim<br>9:25-1:00 PM  | Lap Swim<br>10:15-1:00PM                            | Lap Swim<br>9:25-1:00 PM  | Lap Swim<br>1:00-5:00 PM  |   |
| Deep Water Aerobics<br><br>9:25-10:10 AM<br><br>3 Lanes open                            | 1:00-4:00 PM<br><br>LAP POOL CLOSED                 | Deep Water Aerobics<br><br>9:25-10:10 AM<br><br>3 Lanes Open                            | 1:00-4:00 PM<br><br>LAP POOL CLOSED                 | Deep Water Aerobics<br><br>9:25-10:10 AM<br><br>3 Lanes Open                            | <div>* Hours are subject to change for events.</div> <div>* Recommended to shower before and after swimming</div> <div>* Swim Suits required.</div> <div>* Swim test required for anyone under 14 yrs old</div> <div>* Children under 8 must be supervised by an adult at least 14 yrs old on the deck.</div> <div>* Children under 6 must be supervised by an adult at least 14 yrs old in the water.</div> <div>* Lane space is limited. Swimmers <b>must</b> share lanes when applicable.</div> <div>* Program classes have <b>priority</b>. Lap Swim times may be limited to 1-2 lanes due to programing.</div> <div>* Lifeguards reserve the right to administer swim tests.</div> <div>* Lap Swim Closed for Home Swim Meets:<br/>- January 13th<br/>- January 27th<br/>- Sectionals Febuary 11th (Both pools)<br/>- YMCA State Swim March 2nd-3rd (Both pools)</div> |   |
| 1:00-4:00 PM<br>POOL CLOSED   |   | 1:00-4:00 PM<br>POOL CLOSED   |   | 1:00-6:00PM<br>POOL CLOSED  |   |   |
| Lap Swim<br>4:00-7:15 PM  |   | Lap Swim<br>4:00-7:15 PM  |   | Lap Swim<br>4:00-7:15 PM  |   |   |
| Swim Team<br>5:15-7:45pm<br>One Lane open   |   | Swim Team<br>5:15-7:45 pm<br>One Lane open  |   | Swim Team<br>5:15-7:00pm<br>One Lane open   |   | Swim Team<br>5:15-7:45pm<br>One Lane open |
| Swim Lessons<br>4:30-7:15 PM  |   | Swim Lessons<br>4:30-7:15 PM  |   | Swim Lessons<br>4:30-7:15 PM  |   | Swim Lessons<br>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

January 2nd – March 29th

| MON  | TUE  | WED  | THU  | FRI  | SAT   | SUN                    |
|--|--|--|--|--|---|------------------------|
| Water Walking<br>7:00-7:30 AM  | Water Walking<br>7:00-8:30 AM                    | Water Walking<br>7:00-7:30 AM                                  | Water Walking<br>7:00-8:30 AM                    | Water Walking<br>7:00-7:30 AM                                  | 8:15-10:15 AM<br>Swim Lessons   | Open Swim 1:00-5:00 PM |
| Aqua Aerobics<br>7:30-8:15 AM  | Senior Aqua Aerobics<br>8:30-9:15 AM             | Aqua Aerobics<br>7:30-8:15 AM                                  | Senior Aqua Aerobics<br>8:30-9:15 AM             | Aqua Aerobics<br>7:30-8:15 AM                                  | Open Swim 1:00-5:00 PM  |                        |
| Senior Aqua Aerobics<br>8:30-9:15 AM   | Vortex<br>10:15-11:00 AM                         | Senior Aqua Aerobics<br>8:30-9:15 AM                           | Vortex<br>10:15-11:00 AM                         | Senior Aqua Aerobics<br>8:30-9:15 AM                           |   |                        |
| Aqua Dance/Vortex<br>10:15-11:00 AM  | Moving & Stretching<br>11:00-11:45AM             | Aqua Dance/Vortex<br>10:15-11:00 AM                            | Moving & Stretching<br>11:00- 11:45AM            | Senior Swim<br>9:14-10:45 AM                                   |   |                        |
|  |  |  |  | Aqua Dance/Vortex<br>10:15-10:45 AM                            |   |                        |
| Rusty Hinges<br>10:45-11:30 AM<br><br>Aqualates<br>11:00-12 PM                                   | Parent Tot Swim & Water Walking<br>11:00-12:00PM | Rusty Hinges<br>10:45-11:30 AM<br><br>Aqualates<br>11:00-12 PM | Parent Tot Swim & Water Walking<br>11:00-12:00PM | Rusty Hinges<br>10:45-11:30 AM<br><br>Aqualates<br>11:00-12 PM | <div>* Water Walking is for adults only.<br/>* Recommended to shower before and after swimming.<br/>* Swim test required for anyone under 14 yrs old<br/>* Swim Suits required<br/>* Children under 8 must be supervised by an adult at least 14 yrs old on the pool deck.<br/>* Children under 6 must be supervised by an adult at least 14 yrs old in the water.<br/>* Please bring your own towels.<br/>* No towel service.<br/><br/>- Sectionals Febuary 11th (Both pools)<br/>- YMCA State Swim March 2nd-3rd (Both pools)</div> |                        |
| 12:00-4:30 PM<br>Rec Pool Closed   | 12:00-4:30 PM<br>Rec Pool Closed                 | 12:00-4:30 PM<br>Rec Pool Closed                               | 12:00-4:30 PM<br>Rec Pool Closed                 | 12:00-4:15 PM<br>Rec Pool Closed                               |   |                        |
| Swim Lessons<br>4:30-7:15 PM   | Swim Lessons<br>4:30-7: 15 PM                    | Swim Lessons<br>3:00-7:15 PM                                   | Swim Lessons<br>4:30-7:15 PM                     |  |   |                        |
| Vortex<br>6:00-6:45 PM   |  | Vortex<br>6:00-6:45 PM   | Aqua Aerobics<br>6:00-6:45 PM                    | Adaptive Aerobics<br>4:15-5:00 PM                              |   |                        |
|  | Open Swim Rec Pool<br>7:30-8:30 PM               | Aqua Zumba<br>7:15-8 PM  | Open Swim Rec Pool<br>7:30-8:30 PM               | REC POOL<br>CLOSED 5:00PM                                      |   |                        |
| MARSHALLTOWN YWCA-YWCA 108 Washington St., Marshalltown, IA 50158 641.752.8658 www.ymca-ywca.org |  |  |  |  |   |                        |

