



**MARSHALLTOWN YMCA-YWCA**

**LAP POOL SCHEDULE**

April 1st - May 5th

MON	TUE	WED	THU	FRI	SAT	SUN
Lap Swim 5:00-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:00-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:00-7:00 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	Aqua Body Strong 5:15-6:00 AM	Deep Water Aerobics 6:00-6:45 AM	Aqua Body Strong 5:15-6:00 AM	Diving 10:00-12:00 AM	
Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Swim Lessons 8:30-10:15 AM 5 Lanes Open	
Masters Swim 6-7 AM 12-1 PM	7:00-10:15 AM LAP POOL CLOSED	Masters Swim 12-1 PM	7:00-10:15 AM LAP POOL CLOSED	Masters Swim 6-7 AM 12-1 PM	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 3 Lanes open	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM 3 Lanes Open	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM 3 Lanes Open	* 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 <b>must</b> share lanes when applicable. * Program classes have <b>priority</b> . 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 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			
<b>MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:15 PM</b>						



eliminating racism  
empowering women  
**ywca**

**MARSHALLTOWN YMCA-YWCA**

**REC POOL SCHEDULE**

Apri 1st - May 5th

MON	TUE	WED	THU	FRI	SAT	SUN	
Water Walking 7:00-7:30 AM	Water Walking 7:00-8:30 AM	Water Walking 7:00-7:30 AM	Water Walking 7:00-8:30 AM	Water Walking 7:00-7:30 AM	8:15-10:15 AM Swim Lessons	Open Swim 1:00-5:00 PM	
Aqua Aerobics 7:30-8:15 AM	Senior Aqua Aerobics 8:30-9:15 AM	Aqua Aerobics 7:30-8:15 AM	Senior Aqua Aerobics 8:30-9:15 AM	Aqua Aerobics 7:30-8:15 AM			
Senior Aqua Aerobics 8:30-9:15 AM	Vortex 10:15-11:00 AM	Senior Aqua Aerobics 8:30-9:15 AM	Vortex 10:15-11:00 AM	Senior Aqua Aerobics 8:30-9:15 AM	Open Swim 1:00-5:00 PM		
Aqua Dance/Vortex 10:15-11:00 AM	Moving & Stretching 11:00-11:45AM	Aqua Dance/Vortex 10:15-11:00 AM	Moving & Stretching 11:00- 11:45AM	Senior Swim 9:14-10:45 AM			
				Aqua Dance/Vortex 10:15-10:45 AM			
Rusty Hinges 10:45-11:30 AM	Parent Tot Swim & Water Walking 11:00-12:00PM	Rusty Hinges 10:45-11:30 AM	Parent Tot Swim & Water Walking 11:00-12:00PM	Rusty Hinges 10:45-11:30 AM	<ul style="list-style-type: none"> <li>* Water Walking is for adults only.</li> <li>* Recommended to shower before and after swimming.</li> <li>* Swim test required for anyone under 14 yrs old</li> <li>* Swim Suits required</li> <li>* Children under 8 must be supervised by an adult at least 14 yrs old on the pool deck.</li> <li>* Children under 6 must be supervised by an adult at least 14 yrs old in the water.</li> <li>* Please bring your own towels.</li> <li>* No towel service.</li> </ul>		
Aqualates 11:00-12 PM		Aqualates 11:00-12 PM		Aqualates 11:00-12 PM			
12:00-4:30 PM	12:00-4:30 PM	12:00-4:30 PM	12:00-4:30 PM	12:00-4:15 PM			
<b>Rec Pool Closed</b>	<b>Rec Pool Closed</b>	<b>Rec Pool Closed</b>	<b>Rec Pool Closed</b>	<b>Rec Pool Closed</b>			
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				
Vortex 6:00-6:45 PM		Vortex 6:00-6:45 PM	Aqua Aerobics 6:00-6:45 PM	Adaptive Aerobics 4:15-5:00 PM			
	Open Swim Rec Pool 7:30-8:30 PM	Aqua Zumba 7:15-8 PM	Open Swim Rec Pool 7:30-8:30 PM	<b>REC POOL CLOSED 5:00PM</b>			