

Updated as of 07/22/25



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

August 7th-Oct 12th

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	
Aqua Body Strong 5:15-6:00 AM		Aqua Body Strong 5:15-6:00 AM		Aqua Body Strong 5:15-6:00 AM		7:00-1:00 PM LAP POOL CLOSED
Deep Water Aerobics 6:00-6:45 AM	Deep Water Aerobics 6:00-6:45 AM	Deep Water Aerobics 6:00-6:45 AM	Deep Water Aerobics 6:00-6:45 AM	Deep Water Aerobics 6:00-6:45 AM	Swim Lessons 8:30-10:15AM	
					Lap Swim 1:00-5:00 PM	Lap Swim 1:00-5:00 PM
Lap Swim 9:20-1:00pm	Lap Swim 10:15-1:00 PM	Lap Swim 9:20-1:00 PM	Lap Swim 10:15-1:00 PM	Lap Swim 9:20-1:00 PM	<p>Hours are subject to change for events. Lap pool closed to public for Swim Meets the following dates: June 17th & July 8th and July 20th 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. Program classes have priority. The Y encourages and asks all lap swimmers to share lanes during busy times to accommodate more space. Lap lanes are wide enough to allow for a swimmer on each side. Thank you for helping us give all members an opportunity to swim! Lifeguards reserve the right to administer swim tests as needed. Special Events: Bobcat Invite Oct. 18th Porpoise club begins Sept 15th</p>	
Deep Water Aerobics 9:25-10:10 AM		Deep Water Aerobics 9:25-10:10 AM		Deep Water Aerobics 9:25-10:10 AM		
1:00-4:00 PM POOL CLOSED	1:00-4:00 PM POOL CLOSED	1:00-4:00 PM POOL CLOSED	1:00-4:00 PM POOL CLOSED	1:00 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 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			
Porposie 5:30-6:30pm		Porposie 5:30-6:30pm				
MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:15 PM						

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eliminating racism
empowering women
ywca

MARSHALLTOWN YMCA-YWCA

REC POOL SCHEDULE

August 7th- Oct 12th

MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Aerobics 7:00-7:45 AM	Water Walking 7:30-8:30 AM	Aqua Aerobics 7:00-7:45 AM	Water Walking 7:30-8:30 AM	Aqua Aerobics 7:00-7:45 AM	Swim Lessons 8:30-10:15AM	REC POOL CLOSED
Water in motion 7:45-8:30AM	Senior Aqua 8:30-9:15AM	Water in motion 7:45-8:30AM	Senior Aqua 8:30-9:15AM	Water in motion 7:45-8:30AM	Rec pool closed	
Senior Aqua 8:30-9:15 AM	Water in motion 10:15-11:45am	Senior Aqua 8:30-9:15 AM	Water in motion 10:15-11:45am	Senior Aqua 8:30-9:15 AM		
Swim Lessons 10:15-11:00 AM	Swim Lessons 10:15-11:00 AM	Swim Lessons 10:15-11:00 AM	Swim Lessons 10:15-11:00 AM	Senior Swim 9:15-10:45	10:15-1:00 PM	Open Swim
Aqua Dance/Vortex 10:00-10:45AM		Aqua Dance/Vortex 10:00-10:45AM		Aqua Dance/Vortex 10:00-10:45AM	Open Swim 1:00-5:00 PM	1:00-5:00 PM
Rusty Hinges 10:45-11:30AM		Rusty Hinges 10:45-11:30AM		Preschool Swim 10:00-11:00AM	Hours are subject to change for events. Water Walking is for adults only. Recommended to shower before and after swimming. Swim test required for anyone under 14 yrs old <u>Aug 7-25 Group Ex classes moved to Lap Pool</u> 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. Bring your own towels. No towel service.	
Moving & Stretching 11:30-12:15PM	Parent Tot Swim Water Walking 10:15-12:00 PM	Moving & Stretching 11:30-12:15PM	Parent Tot Swim Water Walking 10:15-12:00 PM	Rusty Hinges 10:45-11:30AM		
				Moving & Stretching 11:30-12:15PM		
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 4:15-5:00PM		
Vortex 6:00-6:45 PM	Water in motion 6:00-6:45PM	Vortex 6:00-6:45 PM	Water in motion 6:00-6:45 PM	Adaptive swim lessons 5:15-7:00 PM		
REC POOL CLOSED 7:30-8:30PM	Open Swim Rec Pool 7:30-8:30PM	REC POOL CLOSED 7:30-8:30PM	Open Swim Rec Pool 7:30-8:30PM	REC POOL CLOSED 7:00-8:30PM		