

LAP POOL SCHEDULE

Dec 22nd-28th

	LAP SWIM	WATER EXERCISE	PROGRAMMING
M O N D A Y	5:00 A.M.-7:00 A.M. 9:20 A.M.- 1:00 P.M. 4:00 P.M.- 7:15 P.M.	AQUA BODY STRONG 5:15-6:00 A.M. DEEP WATER AEROBICS 6:00 A.M.-6:45 A.M. DEEP WATER AEROBICS 9:25 A.M.- 10:10 A.M.	SWIM TEAM PRACTICE 5:15-7:45 PM
T U E S D A Y	5:30-7:00 AM 10:15 AM-1:00 PM 4:00-7:15pm	DEEP WATER AEROBICS 6:00-6:45 AM	
W E D N E S D A Y	5:00-7:00 AM 9:20 AM-1:00 PM*	AQUA BODY STRONG 5:15-6:00AM DEEP WATER AEROBICS 6:00 A.M.-6:45 A.M. DEEP WATER AEROBICS 9:25 A.M.- 10:10 A.M. YMCA CLOSSES AT 1:30 P.M.	
H U R S D A		MERRY CHRISTMAS!	
F R I D A Y	NO 5:00 A.M LAP SWIM 9:25 AM-1:00 PM*	DEEP WATER AEROBICS 9:25-10:10 AM	
S A T	8:00-10:15AM 1:00 P.M.-5:00 P.M.		
S U N	1:00 P.M.-5:00 P.M.		

Hours are subject to change for events.

* Lane space is limited. Swimmers must share lanes when applicable. Program classes have priority. Lap Swim times with an * may be limited to 1-2 lanes due to programming.

Swim test are required for patrons 14 and younger. The swim test is one length of the pool

Swim suits are required at all times.

Children under 8 must be supervised by an adult at least 14 years old on the pool deck.

Children under 6 must be supervised by an adult at least 14 years old in the water.

Lifeguards reserve the right to administer swim tests as needed.

Lap pool is for exercise swimming only; persons not following guidelines will be asked to leave.

Lanes available for lap swimming will be posted in pool area.

Updated 12/03/2025





eliminating racism
empowering women
ywca

LAP POOL SCHEDULE

DEC 29th- JAN-4th

	LAP SWIM	WATER EXERCISE	PROGRAMMING
M O N D A Y	5:00-7:00 AM 9:20 A.M.-1:00 P.M. 4:00 P.M.- 7:15 P.M.	AQUA BODY STRONG 5:15-6:00AM DEEP WATER AEROBICS 6:00 A.M.-6:45 A.M. DEEP WATER AEROBICS 9:25-10:10 AM	SWIM TEAM PRACTICE 5:15-7:45 PM
T U E S D A Y	5:00-7:00 AM 10:15 A.M.- 1:00 P.M. 4:00 P.M.- 7:15 P.M.	DEEP WATER AEROBICS 6:00 A.M.-6:45 A.M. 10:15am-11:00am DEEP WATER AEROBICS	SWIM TEAM PRACTICE 5:15-7:45 PM
W E D N E S D A Y	5:00-7:00 AM 9:20 A.M.-1:00 P.M.	AQUA BODY STRONG 5:15-6:00AM DEEP WATER AEROBICS 6:00 A.M.-6:45 A.M. DEEP WATER AEROBICS 9:25-10:10 AM YMCA CLOSSES AT 1:30 P.M.	
T H U R S D A Y		HAPPY NEW YEARS!	
F R I D A Y	5:00-7:00 AM 9:20 A.M.-1:00 P.M.	AQUA BODY STRONG 5:15-6:00AM DEEP WATER AEROBICS 6:00 A.M.-6:45 A.M. DEEP WATER AEROBICS 9:25-10:10 AM	
S A T	8:00 A.M.- 10:15 A.M. 1:00 P.M.-5:00 P.M.		
S U N	1:00 P.M.-5:00 P.M.		

***Tot Swim- Child 5 and under with adult in the water. Water Walking adults only**

Hours are subject to change for events.

Swim test are required for patrons 14 and younger. The swim test is one length of the pool.

Slide availability determined by number of patrons.

Swimmers must be 48" tall to use the green water slide.

Swim suits required at all times.

Children under 8 must be supervised by an adult at least 14 years old on the pool deck.

Children under 6 must be supervised by an adult at least 14 years old in the water.

Multiple activities scheduled in this pool at the same time.

Only adults 18+ may use spa when recreation pool is closed.

Updated 12/03/2025



Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org