

REC POOL SCHEDULE

Dec 22nd-28th

	OPEN SWIM	WATER EXERCISE	SENIOR/TOT SWIM
M O N D A Y	OPEN SWIM 2:00 P.M.- 4:00 P.M.	Aqua Aerobics 7:30 A.M.- 8:30 A.M. Water Warriors 7:45 A.M.- 8:30 A.M. Senior Aqua Aerobics 8:30 A.M.- 9:15 A.M. Vortex 6:00 P.M.- 6:45 P.M. Rusty Hingges 10:45 A.M.- 11:30 A.M.	Water Walking Senior swim 10:00 A.m.- 12:00 P.M.
T U E S D A Y	OPEN SWIM 2:00 P.M.- 4:00 P.M.	Aqua Aerobics 8:30 A.M.- 9:15 A.M. Water Warriors 10:15 A.M.- 11:00 A.M. Zumba 6:00 P.M.- 6:45 P.M.	Water Walking 7:30 A.M.- 8:30 A.M. TOT SWIM 10:15 A.M.- 12:00 P.M.
W E D N E S D A Y		Aqua Aerobics 7:00 A.M.- 7:45 A.M. Water Warriors 7:45 A.M.- 8:30 A.M. Senior Aqua Aerobics 8:30 A.M.- 9:15 A.M. YMCA CLOSSES AT 1:30 P.M.	Water Walking Senior swim 915 A.m.- 12:00 P.M.
T H U R S D A Y		MERRY CHRISTMAS!	
F R I D A Y	OPEN SWIM 2:00 P.M.- 4:00 P.M.	Aqua Aerobics 7:00 A.M.- 7:45 A.M.	Senior Swim 7:45 A.M.- 11:30 A.M.
S A T U R D A Y	OPEN SWIM 1:00 P.M.- 5:00 P.M.		
S U N D A Y	OPEN SWIM 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





empowering women
ywca

REC POOL SCHEDULE

DEC 29th- JAN-4th

	OPEN SWIM	WATER EXERCISE	SENIOR\TOT SWIMS
M O N D A Y	OPEN SWIM 2:00 P.M.- 4:00 P.M.	Aqua Aerobics 7:00 A.M.- 8:30 A.M. Water Warriors 7:45 A.M.- 8:30 A.M. Senior Aqua Aerobics 8:30 A.M.- 9:15 A.M. Aqua Dance/Vortex 10:00 A.M.- 10:45 A.M.	
T U E S D A Y	OPEN SWIM 2:00 P.M.- 4:00 P.M.	Senior Aqua Aerobics 8:30 A.M.- 9:15 A.M. Water Warriors 10:15 A.M.- 11:00 A.M. Moving & Streching 11:00 A.M.- 11:45 A.M.	Water Walking 7:30 A.M.- 8:30 A.M. TOT SWIM 10:15 A.M.- 12:00 P.M.
W E D N E S D A Y		Aqua Aerobics 7:00 A.M.- 8:30 A.M. Water Warriors 7:45 A.M.- 8:30 A.M. Senior Aqua Aerobics 8:30 A.M.- 9:15 A.M. YMCA CLOSSES AT 1:30 P.M.	
H U R S D A		HAPPY NEW YEARS!	
F R I D A Y	OPEN SWIM 2:00 P.M.- 4:00 P.M.	Aqua Aerobics 7:00 A.M.- 7:45 A.M. Water Warriors 7:45 A.M.- 8:30 A.M. Aqua Dance/Vortex 10:00 A.M.- 10:45 A.M.	Senior Swim 9:15 A.M.- 10:45 A.M.
S A T	OPEN SWIM 1:00 P.M.- 5:00 P.M.		
S U N	OPEN SWIM 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

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