



Updated as of 01/05/2026

## MARSHALLTOWN YMCA-YWCA

# LAP POOL SCHEDULE

January 2nd - March 1st

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	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		
Deep Water Aerobics 6:00-6:45 AM	<b>5 Lanes Open</b>	Deep Water Aerobics 6:00-6:45 AM	<b>5 Lanes Open</b>	Deep Water Aerobics 6:00-6:45 AM	Swim Lessons 8:30-10:15 AM	
<b>5 Lanes Open</b>		<b>5 Lanes Open</b>		<b>5 Lanes Open</b>	<b>5 Lanes Open</b>	
	<b>7:00-10:15 AM</b> <b>LAP POOL CLOSED</b>		<b>7:00-10:15 AM</b> <b>LAP POOL CLOSED</b>		<b>10:15-1:00 PM</b> <b>LAP POOL CLOSED</b>	
Lap Swim 9:20-1:00 PM	Lap Swim 10:15-1:00PM	Lap Swim 9:20-1:00 PM	Lap Swim 10:15-1:00PM	Lap Swim 9:20-1:00 PM	Lap Swim 1:00-5:00 PM	
Deep Water Aerobics 9:25-10:10 AM	<b>1:00-4:00 PM</b> <b>LAP POOL CLOSED</b>	Deep Water Aerobics 9:25-10:10 AM	<b>1:00-4:00 PM</b> <b>LAP POOL CLOSED</b>	Deep Water Aerobics 9:25-10:10 AM		
3 Lanes		3 Lanes		3 Lanes		
<b>1:00-4:00 PM</b> <b>POOL CLOSED</b>		<b>1:00-4:00 PM</b> <b>POOL CLOSED</b>		<b>1:00 PM POOL CLOSED</b>		
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 Team 5:15-7:45pm	Swim Team 5:15-7:45 pm	Swim Team 5:15-7:00pm	Swim Team 5:15-7:45pm			
One Lane open	One Lane open	One Lane open	One Lane open			
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>						
						<p>* Hours are subject to change for events.</p> <p>* Recommended to shower before and after swimming</p> <p>* Swim Suits required.</p> <p>* Swim test required for anyone under 14 yrs old</p> <p>* Children under 8 must be supervised by an adult at least 14 yrs old on the deck.</p> <p>* Children under 6 must be supervised by an adult at least 14 yrs old in the water.</p> <p>* Lane space is limited. Swimmers <b>must</b> share lanes when applicable.</p> <p>* Program classes have <b>priority</b>. Lap Swim times may be limited to 1-2 lanes due to programming.</p> <p>* Lifeguards reserve the right to administer swim tests.</p> <p><b>* Lap Swim Closed for Home Swim Meets:</b></p> <ul style="list-style-type: none"> <li>- January 4th</li> <li>- January 18th</li> <li>- Sectionals February 9th (Both pools)</li> <li>- YMCA State Swim March 1st-2nd (Both pools)</li> </ul>



Update 01/02/2025

## MARSHALLTOWN YMCA-YWCA

# REC POOL SCHEDULE

January 2nd - March 1st

MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Aerobics 7:00-8:30 AM	Water Walking 7:30-8:30 AM	Aqua Aerobic 7:00-7:45 AM	Water Walking 7:30-8:30 AM	Aqua Aerobics 7:00-7:45 AM	8:15-12:00 PM Swim Lessons	
Water Warriors 7:45-8:30 AM	Aqua Aerobics 8:30-9:15 AM	Water Warriors 7:45-8:30 AM	Senior Aqua Aerobics 8:30-9:15 AM	Water Warriors 7:45-8:30 AM	Rec pool closed 12:00-1:00PM	
Senior Aqua Aerobics 8:30-9:15 AM	Water Warriors 10:15-11:00 AM	Senior Aqua Aerobics 8:30-9:15 AM	Water Warriors 10:15-11:00AM	Senior Swim 9:15-10:45 AM	Open Swim 1:00-5:00 PM	
Aqua Dance/Vortex 10:00-10:45 AM	Moving & Stretching 11:00-11:45 AM	Aqua Dance/Vortex 10:00-10:45 AM	Moving & Stretching 11:00- 11:45AM	Aqua Dance/Vortex 10:00-10:45 AM	Open Swim 1:00-5:00 PM	
Rusty Hinges 10:45-11:30 AM	Parent Tot Swim & Water Walking 10:15-12:00PM	Rusty Hinges 10:45-11:30 AM	Parent Tot Swim & Water Walking 10:15-12:00PM	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 11:30-12:15 PM		Aqualates 11:30-12:15 PM		Aqualates 11:30-12:15 PM	<b>Home meets</b> <b>January 4th</b> <b>January 18th</b> - Sectionals February 9th (Both pools) - YMCA State Swim March 1st-2nd (Both pools)	
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	Adaptive Aerobics 4:15-5:00 PM		
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 5:15-6:00 PM		
<b>Rec Pool Closed 7:15PM</b>	<b>Open Swim Rec Pool 7:30-8:30 PM</b>	<b>Rec Pool Closed 7:15PM</b>	<b>Open Swim Rec Pool 7:30-8:30 PM</b>	<b>REC POOL CLOSED 6:00PM</b>		

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