



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	Lap Swim 1:00-5:00PM
Aqua Body Strong 5:15-6:00 AM Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Aqua Body Strong 5:15-6:00 AM Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Aqua Body Strong 5:15-6:00 AM Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Swim Lessons 8:30-10:15 AM 5 Lanes Open	
	7:00-10:15 AM LAP POOL CLOSED		7:00-10:15 AM LAP POOL CLOSED		10:15-1:00 PM LAP POOL CLOSED	
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 3 Lanes	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM 3 Lanes	1:00-4:00 PM LAP POOL CLOSED	Deep Water Aerobics 9:25-10:10 AM 3 Lanes	<div>* 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 must share lanes when applicable. * Program classes have priority. Lap Swim times may be limited to 1-2 lanes due to programing. * Lifeguards reserve the right to administer swim tests. * Lap Swim Closed for Home Swim Meets: - January 4th - January 18th - Sectionals February 9th (Both pools) - YMCA State Swim March 1st-2nd (Both pools)</div>	
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 Team 5:15-7:45pm One Lane open	Swim Team 5:15-7:45 pm One Lane open	Swim Team 5:15-7:00pm One Lane open	Swim Team 5:15-7:45pm 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			
MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:15 PM						



eliminating racism
empowering women
ywca

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	Open Swim 1:00-5:00 PM
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		
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	<div>* Water Walking is for adults only.</div> <div>* Recommended to shower before and after swimming.</div> <div>* Swim test required for anyone under 14 yrs old</div> <div>* Swim Suits required</div> <div>* Children under 8 must be supervised by an adult at least 14 yrs old on the pool deck.</div> <div>* Children under 6 must be supervised by an adult at least 14 yrs old in the water.</div> <div>* Please bring your own towels.</div> <div>* No towel service.</div> <div>Home meets</div> <div>January 4th</div> <div>January 18th</div> <div>- Sectionals Febuary 9th (Both pools)</div> <div>- YMCA State Swim March 1st-2nd (Both pools)</div>	
Aqualates 11:30-12:15 PM		Aqualates 11:30-12:15 PM		Aqualates 11:30-12:15 PM		
12:00-4:30 PM Rec Pool Closed	12:00-4:30 PM Rec Pool Closed	12:00-4:30 PM Rec Pool Closed	12:00-4:30 PM Rec Pool Closed	12:00-4:15 PM Rec Pool Closed		
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		
Rec Pool Closed 7:15PM	Open Swim Rec Pool 7:30-8:30 PM	Rec Pool Closed 7:15PM	Open Swim Rec Pool 7:30-8:30 PM	REC POOL CLOSED 6:00PM		
MARSHALLTOWN YWCA-YWCA 108 Washington St., Marshalltown, IA 50158 641.752.8658 www.ymca-ywca.org						

* Water Walking is for adults only.
* Recommended to shower before and after swimming.
* 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.
* Please bring your own towels.
* No towel service.

Home meets

January 4th

January 18th

- Sectionals Febuary 9th (Both pools)

- YMCA State Swim March 1st-2nd (Both pools)

