



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

March 4th-March 31st

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	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 5 Lanes Open	5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	5 Lanes Open	Deep Water Aerobics 6:00-6:45 AM 5 Lanes Open	Swim Lessons 8:30-10:15 AM 5 Lanes Open	
7:00-9:20AM LAP POOL CLOSED		7:00-10:15 AM LAP POOL CLOSED		7:00-9:20AM LAP POOL CLOSED	7:00-10:15 AM 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	* 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. - YMCA State Swim March 7th & 8th (Both pools)	
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

March 4th-March 31st

MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Aerobics 7:00-8:30 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 8:15-10:15 AM	Rec pool closed 700am-100pm
Water Warriors 7:45-8:30 AM	Senior 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 10:00-10:45 AM	Senior Aqua Aerobics 8:30-9:15 AM	Water Warriors 10:00-10:45 AM	Senior Swim 9:15-10:45 AM	Open Swim 1:00-5:00 PM	Open Swim 1:00-5:00 PM
Swim Lessons 10:15-11A.M.		Swim Lessons 10:15-11A.M.				
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		
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	* 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. - YMCA State Swim March 7th & 8th (Both pools) *Wibit Volleyball, March 24th *Spring Break Open swims Tuesday and Friday 2-6 P.M.	
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	Zumba 6:00-6:45PM	Vortex 6:00-6:45 PM	Zumba 6:00-6:45 PM	Adaptive Swim Lessons 5:15-7:00 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 7:00PM		