



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

May 1st - May 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. | |
| 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 | | | |
| Porpiose 5:30-6:30 PM | Diving Club 5:30-7:00 PM | Porpiose 5:30-6:30 PM | | | | |
| 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

May 1st - May 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 | <ul style="list-style-type: none"> * 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. | |
| 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 | | |