



**MARSHALLTOWN YMCA-YWCA**

**LAP POOL SCHEDULE**

June 8th-August 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	Swim Lessons 8:30-10:15AM	<b>7:00-1:00 PM LAP POOL CLOSED</b>
Deep Water Aerobics 6:00-6:45 AM		Deep Water Aerobics 6:00-6:45 AM		Deep Water Aerobics 6:00-6:45 AM		
Swim Team 6:55- 9:25am	Swim Team 6:55- 9:25am	Swim Team 6:55- 9:25am	Swim Team 6:55- 9:25am	Swim Team 6:55- 9:25am		
Swim Lessons 9:15-11:00 AM	Swim Lessons 9:15-11:00 AM	Swim Lessons 9:15-11:00 AM	Swim Lessons 9:15-11:00 AM		Lap Swim 1:00-4:30 PM	
Lap Swim 9:30-1:00 PM	Lap Swim 9:30-1:00 PM	Lap Swim 9:30-1:00 PM	Lap Swim 9:30-1:00 PM	Lap Swim 9:30-1:00 PM	<p>Hours are subject to change for events. Lap pool closed to public for Swim Meets the following dates: June 23rd &amp; July 7th and July 18th 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. Program classes have priority. The Y encourages and asks all lap swimmers to share lanes during busy times to accommodate more space. Lap lanes are wide enough to allow for a swimmer on each side. Thank you for helping us give all members an opportunity to swim! Lifeguards reserve the right to administer swim tests as needed. <b>Special Events:</b> <b>Swim Meets: June 23rd, July 7th &amp; 18th</b> * Pools close at 1pm on July 22nd for Ragbri events</p>	
Deep Water Aerobics 9:30-10:15 AM		Deep Water Aerobics 9:30-10:15 AM		Deep Water Aerobics 9:30-10:15 AM		
<b>1:00-4:00 PM POOL CLOSED</b>	<b>1:00-4:00 PM POOL CLOSED</b>	<b>1:00-4:00 PM POOL CLOSED</b>	<b>1:00-4:00 PM POOL CLOSED</b>	<b>1:00-4:00 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 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			
	Diving 5:30-7:00pm					
<b>MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:15 PM</b>						



eliminating racism  
empowering women  
**ywca**

Updated as of 05/15/2026

**MARSHALLTOWN YMCA-YWCA**

**REC POOL SCHEDULE**

June 8th-August 1st

MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Aerobics 7:00-7:45 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 8:30-11:00AM	
Water Warriors 7:45-8:30AM	Senior Aqua 8:30-9:15AM	Water Warriors 7:45-8:30AM	Senior Aqua 8:30-9:15AM	Water Warriors 7:45-8:30AM	<b>Rec pool closed</b>	
Senior Aqua 8:30-9:15 AM	Water Warriors 10:00-10:45am	Senior Aqua 8:30-9:15 AM	Water Warriors 10:00-10:45am	Senior Aqua 8:30-9:15 AM		
Swim Lessons 9:15-11:00 AM	Swim Lessons 9:15-11:00 AM	Swim Lessons 9:15-11:00 AM	Swim Lessons 9:15-11:00 AM	Senior Swim 9:15-10:45	10:15-1:00 PM	Open Swim
Aqua Dance/Vortex 10:00-10:45AM	Move & Stretch 11:00-11:45AM	Aqua Dance/Vortex 10:00-10:45AM	Move & Stretch 11:00-11:45AM	Aqua Dance/Vortex 10:00-10:45AM	Open Swim 1:00-4:30 PM	1:00-4:30 PM
Rusty Hinges 10:45-11:30AM		Rusty Hinges 10:45-11:30AM		Preschool Swim 10:00-11:00AM		
	Parent Tot Swim Water Walking 10:15-12:00 PM		Parent Tot Swim Water Walking 10:15-12:00 PM	Rusty Hinges 10:45-11:30AM	<p>Hours are subject to change for events.</p> <p>Water Walking is for adults only.</p> <p>Recommended to shower before and after swimming.</p> <p>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.</p> <p>Children under 6 must be supervised by an adult at least 14 yrs old in the water. Bring your own towels. No towel service.</p> <p>* Pools close at 1pm on July 22nd for Ragbri events</p>	
Bobcat U 1:00-2:00PM	Bobcat U 1:00-2:00PM	Bobcat U 1:00-2:00PM	Bobcat U 1:00-2:00PM			
<b>REC POOL CLOSED</b> 2:00-4:30 PM	REC POOL OPEN SWIM 2:00-4:00 PM	REC POOL OPEN SWIM 2:00-4:00 PM	<b>REC POOL CLOSED</b> 12:00-4:30 PM	REC POOL OPEN SWIM 2:00-4:00 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	Adaptive Aerobics 4:15-5:00PM		
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		
<b>REC POOL CLOSED</b> 7:30-8:30PM	Open Swim Rec Pool 7:30-8:30PM	<b>REC POOL CLOSED</b> 7:30-8:30PM	Open Swim Rec Pool 7:30-8:30PM	<b>REC POOL CLOSED</b> 7:00-8:30PM		