



**MARSHALLTOWN YMCA-YWCA**

**LAP POOL SCHEDULE**

June 1st-June 7th

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 1:00-4:30 PM
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		
7:00-9:20AM <b>LAP POOL CLOSED</b>		7:00-10:15 AM <b>LAP POOL CLOSED</b>		7:00-9:20AM <b>LAP POOL CLOSED</b>	7:00-10:15 AM <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 1:00-4:30 PM	
Deep Water Aerobics 9:25-10:10 AM 3 Lanes	1:00-4:00 PM <b>LAP POOL CLOSED</b>	Deep Water Aerobics 9:25-10:10 AM 3 Lanes	1:00-4:00 PM <b>LAP POOL CLOSED</b>	Deep Water Aerobics 9:25-10:10 AM 3 Lanes	<ul style="list-style-type: none"> <li>* Hours are subject to change for events.</li> <li>* Recommended to shower before and after swimming</li> <li>* Swim Suits required.</li> <li>* Swim test required for anyone under 14 yrs old</li> <li>* Children under 8 must be supervised by an adult at least 14 yrs old on the deck.</li> <li>* Children under 6 must be supervised by an adult at least 14 yrs old in the water.</li> <li>* Lane space is limited. Swimmers <b>must</b> share lanes when applicable.</li> <li>* Program classes have <b>priority</b>. Lap Swim times may be limited to 1-2 lanes due to programing.</li> <li>* Lifeguards reserve the right to administer swim tests.</li> </ul>	
1:00-4:00 PM <b>POOL CLOSED</b>		1:00-4:00 PM <b>POOL CLOSED</b>		1:00 PM POOL <b>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			
Porpiose 5:30-6:30 PM	Diving Club 5:30-7:00 PM	Porpiose 5:30-6:30 PM				
<b>MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:15 PM</b>						



eliminating racism  
empowering women  
**ywca**

**MARSHALLTOWN YMCA-YWCA**

**REC POOL SCHEDULE**

June 1st-June 7th

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 7:00 am-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 1:00-4:30 PM	Open Swim 1:00-4:30 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.	
				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			
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		