



eliminating racism
empowering women
ywca

MARSHALLTOWN YMCA-YWCA

REC POOL SCHEDULE

August 7th-August 23rd

MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Body Strong 5:15-6:00 AM	Lap Swim 5:00-6:00 AM	Aqua Body Strong 5:15-6:00 AM	Lap Swim 5:00-6:00 AM	Aqua Body Strong 5:15-6:00 AM	Lap Swim 8:00-10:15AM	
Lap Swim 6:00-7:00 AM	Deep Water Aerobics 6:00-6:45 AM	Lap Swim 6:00-7:00 AM	Deep Water Aerobics 6:00-6:45 AM	Lap Swim 6:00-7:00 AM		Lap Swim 11:00 - 1:00 PM
Deep Water Aerobics 6:00-6:45 AM	Water Walking 7:30-8:30 AM	Deep Water Aerobics 6:00-6:45 AM	Water Walking 7:30-8:30 AM	Deep Water Aerobics 6:00-6:45 AM		
Aqua Aerobics 7:00-7:45 AM	Senior Aqua 8:30-9:15AM	Aqua Aerobics 7:00-7:45 AM	Senior Aqua 8:30-9:15AM	Aqua Aerobics 7:00-7:45 AM	Open Swim 1:00-4:30 PM	Open Swim 1:00-4:30 PM
Water Warriors 7:45-8:30 AM	Water Warriors 10:00-10:45 AM	Water Warriors 7:45-8:30 AM	Water Warriors 10:00-10:45 AM	Water Warriors 7:45-8:30 AM		
Senior Aqua 8:30-9:15 AM		Senior Aqua 8:30-9:15 AM		Senior Aqua 8:30-9:15 AM		
Deep Water Aerobics 9:25-10:10 AM		Deep Water Aerobics 9:25-10:10 AM		Deep Water Aerobics 9:25-10:10 AM	Hours are subject to change for events. Water Walking is for adults only. Recommended to shower before and after swimming. Swim test required for anyone under 14 yrs 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. Bring your own towels. No towel service. There will be 2-4 20yd lanes available during lap swim times. Please note other activities may be going on and the pool shall be shared. LAP POOL REOPENS AUGUST 24TH	
Aqua Dance/Vortex 10:00-10:45 AM	Parent Tot Swim 10:15-12:00 PM	Aqua Dance/Vortex 10:00-10:45 AM	Parent Tot Swim 10:15-12:00 PM	Aqua Dance/Vortex 10:00-10:45 AM		
Rusty Hinges 10:45-11:30 AM	Move & Stretch 11:00-11:45 AM	Rusty Hinges 10:45-11:30 AM	Move & Stretch 11:00-11:45 AM	Rusty Hinges 10:45-11:30 AM		
Lap Swim 11:45-1:00 PM	Lap Swim 11:45-1:00 PM	Lap Swim 11:45-1:00 PM	Lap Swim 11:45-1:00 PM	Lap Swim 11:45-1:00 PM		
REC POOL CLOSED 1:00-4:00 PM	REC POOL OPEN SWIM 2:00-4:00 PM	REC POOL OPEN SWIM 2:00-4:00 PM	REC POOL CLOSED 1:00-4:00 PM	REC POOL OPEN SWIM 2:00-4:00 PM		
Lap Swim 4:00-7:00 PM	Lap Swim 4:00-7:00 PM	Lap Swim 4:00-7:00 PM	Lap Swim 4:00-7:00 PM	Adaptive Aerobics 4:15-5:00 PM		
Vortex 6:00-6:45 PM	Zumba 6:00-6:45 PM	Vortex 6:00-6:45 PM	Zumba 6:00-6:45 PM			
REC POOL CLOSED 7:00-8:30 PM	Rec Pool Open Swim 7:00-8:30 PM	REC POOL CLOSED 7:00-8:30 PM	Rec Pool Open Swim 7:00-8:30 PM			