



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		Aqua Body Strong 5:15-6:00 AM		Aqua Body Strong 5:15-6:00 AM		7:00-1:00 PM LAP POOL CLOSED
Deep Water Aerobics 6:00-6:45 AM	Deep Water Aerobics 6:00-6:45 AM	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 Lessons 8:30-10:15AM	
					Lap Swim 1:00-5:00 PM	Lap Swim 1:00-5:00 PM
Lap Swim 9:20-1:00pm	Lap Swim 10:15-1:00 PM	Lap Swim 9:20-1:00 PM	Lap Swim 10:15-1:00 PM	Lap Swim 9:20-1:00 PM	SAT & SUN lap swim remains till 4:30p.m. till Sept. 7th! Hours are subject to change for events. 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. Special Events: Porpoise club starts Sept. 14th Swim team begins Oct. 12th	
Deep Water Aerobics 9:25-10:10 AM		Deep Water Aerobics 9:25-10:10 AM		Deep Water Aerobics 9:25-10:10 AM		
1:00-4:00 PM POOL CLOSED	1:00-4:00 PM POOL CLOSED	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 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			
Porpoise Club 5:30-6:30 p.m.		Porpoise Club 5:30-6:30 p.m.				
MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:15 PM						



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MARSHALLTOWN YMCA-YWCA

REC POOL SCHEDULE

August 24th–October 7th

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 8:30-10:15AM	REC POOL CLOSED
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	Rec pool closed	
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 10:15-11:00 AM	Move & Stretch 11:00-11:45am	Swim Lessons 10:15-11:00 AM	Move & Stretch 11:00-11:45am	Senior Swim 9:15-10:45	10:15-1:00 PM	Open Swim
Aqua Dance/Vortex 10:00-10:45AM		Aqua Dance/Vortex 10:00-10:45AM		Aqua Dance/Vortex 10:00-10:45AM	Open Swim 1:00-5:00 PM	1:00-5:00 PM
Rusty Hinges 10:45-11:30AM		Rusty Hinges 10:45-11:30AM		Rusty Hinges 10:45-11:30AM		
	Parent Tot Swim Water Walking 10:15-12:00 PM				SAT & SUN lap swim remains till 4:30p.m. till Sept. 7th! 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 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. Bring your own towels. No towel service.	
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 6:00-6:45 PM	Vortex 6:00-6:45 PM	Zumba 6:00-6:30 PM			
REC POOL CLOSED 7:30-8:30PM	Open Swim Rec Pool 7:30-8:30PM	REC POOL CLOSED 7:30-8:30PM	Open Swim Rec Pool 7:30-8:30PM	REC POOL CLOSED 7:00-8:30PM		