



eliminating racism  
empowering women  
**ywca**

# LAP POOL SCHEDULE

August 27th - December 23rd

	LAP SWIM	WATER EXERCISE	PROGRAMMING
<b>M O N D A Y</b>	5:30-6:45 AM (5) 6:45-7:30 AM (8) 9:25-11:00 AM (5) 11:00 AM-1:00 PM (8) 4:00-4:30 (8) 4:30-7:00 PM (2-6) 7:00-8:00 PM (8)	AQUA BODY STRONG (CAT) 5:15-5:45 AM DEEP WATER AEROBICS (CAT) 6:00-6:45 AM DEEP WATER AEROBICS (PAT) 9:25-10:10 AM AQUA ZUMBA (NATALI) 10:15-11:00AM	SWIM LESSONS 4:30-6:55 PM  PORPOISE CLUB Starting September 17 5:30-6:30 PM
<b>T U E S D A Y</b>	5:30-6:00 AM (8) 6:00-6:45 AM (5) 6:45-7:30 AM (8) 10:15 AM-1:00 PM (8) 4:00-5:00 (8) 5:00-6:30 PM (4-6) 6:30-8:00 PM (8)	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM AQUA BODY STRONG 10:15-10:45 AM AQUA BODY STRONG 5:30-6:00 PM	SWIM LESSONS 4:30-6:05 PM
<b>W E D N E S D A Y</b>	5:30-6:45 AM (5) 6:45-7:30 AM (8) 9:25-11:00 AM (5) 11:00 AM-1:00 PM (8) 4:00-4:30 (8) 4:30-7:00 PM (2-6) 7:00-8:00 PM (8)	AQUA BODY STRONG (CAT) 5:15-5:45 AM DEEP WATER AEROBICS (CAT) 6:00-6:45 AM DEEP WATER AEROBICS (PAT) 9:25-10:10 AM AQUA ZUMBA (NATALI) 10:15-11:00AM	SWIM LESSONS 4:30-6:55 PM  PORPOISE CLUB Starting September 17 5:30-6:30 PM
<b>T H U R S D A Y</b>	5:30-6:00 AM (8) 6:00-6:45 AM (5) 6:45-7:30 AM (8) 10:15 AM-1:00 PM (5-8) 4:00-5:00 (8) 5:00-6:30 PM (4-6) 6:30-8:00 PM (8)	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM AQUA BODY STRONG 10:15-10:45 AM AQUA BODY STRONG 5:30-6:00 PM	SWIM LESSONS 4:30-6:05 PM
<b>F R I D A Y</b>	5:30-6:00 AM (8) 6:00-6:45 AM (5) 6:45-7:30 AM (8) 9:30-10:15 AM (5) 10:15 AM-1:00 PM (8) 4:00-6:00 (8)	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM DEEP WATER AEROBICS (PAT) 9:25-10:10 AM	
<b>S A T</b>	8:00-8:30 AM (8) 8:30-10:15 AM (6) 1:00-5:00 PM (8)	AQUA BODY STRONG 10:30-11:00 AM	SWIM LESSONS 8:30-10:05 AM DIVING 10:00 - 12:00
<b>S U N</b>	1:00-5:00 PM (8)		

**\*numbers in parenthesis are lanes that are available\***

Hours are subject to change for events.

Swim test are required for patrons 16 and younger. The swim test is one length of the pool

Lane space is limited. Swimmers must share lanes when applicable.

Swim suits are required at all times.

Children under 8 must be supervised by an adult at least 14 years old on the pool deck.

Children under 6 must be supervised by an adult at least 14 years old in the water.

Lifeguards reserve the right to administer swim tests as needed.

Lap pool is for exercise swimming only; persons not following guidelines will be asked to leave.

Lanes available for lap swimming will be posted in pool area.

Lap pool is closed for events on these days:

November 2nd & 3rd - Iowa Girls High School State Swimming Championships

Special Events:  
Community Fun Day - September 21  
Grinch Swim December 14th

Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org



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## REC POOL SCHEDULE

August 27th - December 23rd

	FITNESS/OPEN SWIM	WATER EXERCISE	PROGRAMMING
<b>M O N D A Y</b>	<b>OPEN SWIM 7:00-8:30 PM</b>	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (Pat) 8:30-9:15 AM RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM VORTEX (TAMMY) 6:00-6:45 PM	HOME SCHOOL (CONNIE) 3:00-3:45 PM SWIM LESSONS 9:15-10:45 AM (CONNIE) SWIM LESSONS 4:30-6:55 PM
<b>T U E S D A Y</b>	FITNESS SWIM 7:00-8:30 AM  FITNESS SWIM/OPEN SWIM 11:00 AM-1:00 PM NO SPRAY FEATURES <b>OPEN SWIM 7:00-8:30 PM</b>	SENIOR AQUA AEROBICS(Judy) 8:30-9:15 AM MOVING & STRETCHING 10:15-11:00 AM (CONNIE) VORTEX (SANDY) 12:15-1:00 PM SENIOR AQUA AEROBICS (CONNIE) 1:00-1:45 PM AQUA AEROBICS (Amy) 6-6:45 PM	SWIM LESSONS 4:30-6:55 PM
<b>W E D N E S D A Y</b>	<b>OPEN SWIM 7:00-8:30 PM</b>	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (Pat) 8:30-9:15 AM RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM VORTEX (TAMMY) 6:00-6:45 PM	SWIM LESSONS 9:15-10:45 AM (CONNIE)  SWIM LESSONS 4:30-6:55 PM
<b>T H U R S D A Y</b>	FITNESS SWIM 7:00-8:30 AM  FITNESS SWIM/OPEN SWIM 11:00 AM-1:00 PM NO SPRAY FEATURES <b>OPEN SWIM 7:00-8:30 PM</b>	SENIOR AQUA AEROBICS(Judy) 8:30-9:15 AM MOVING & STRETCHING 10:15-11:00 AM (CONNIE) VORTEX (SANDY) 12:15-1:00 PM SENIOR AQUA AEROBICS (CONNIE) 1:00-1:45 PM AQUA AEROBICS (Amy) 6-6:45 PM	SWIM LESSONS 4:30-6:55 PM
<b>F R I D A Y</b>	SENIOR SWIM 9:15-10:45 AM  <b>OPEN SWIM 4:00-7:00 PM</b>	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (Pat) 8:30-9:15 AM RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM ADAPTIVE AEROBICS (Christine) 4:30-5:15pm	
<b>S A T U R D A Y</b>	<b>OPEN SWIM 1-5 PM</b>		SWIM LESSONS 8:30-10:05 AM
<b>S U N D A Y</b>	<b>OPEN SWIM 1-5 PM</b>		

Hours are subject to change for events.

Swim test are required for patrons 16 and younger. The swim test is one length of the pool.

Slide availability determined by number of patrons.

Swimmers must be 48" tall to use the green water slide.

Swim suits required at all times.

Children under 8 must be supervised by an adult at least 14 years old on the pool deck.

Children under 6 must be supervised by an adult at least 14 years old in the water.

Multiple activities scheduled in this pool at the same time.

Only adults 18+ may use spa when recreation pool is closed.

Schools Out Fun Days 2-4PM  
October 5th  
November 21st  
November 23rd

Rec pool is closed for events on these days:  
November 2nd & 3rd - Iowa Girls High School State Swimming Championships

Special Events:  
Comunnity Fun Day - September 21  
Grinch Swim December 14

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