



eliminating racism
empowering women
ywca

LAP POOL SCHEDULE

March 2-March 29

	LAP SWIM	WATER EXERCISE	PROGRAMMING
M O N D A Y	5:30-7:30 AM	AQUA BODY STRONG (Cat) 5:15-5:45 AM	SWIM LESSONS 4:15-6:55 PM SWIM TEAM PRACTICE 5:30-7:00 PM
	9:25-1:00 PM	DEEP WATER AEROBICS (Cat) 6:00-6:45 AM	
	4:00-8:00 PM*	DEEP WATER AEROBICS (Pat) 9:25-10:10 AM AQUA ZUMBA (Laenda) 10:15-11:00AM	
T U E S D A Y	5:30-7:30 AM	DEEP WATER AEROBICS (Cat) 6:00-6:45 AM	SWIM TEAM PRACTICE 5:30-7:00 PM
	10:15 AM-1:00 PM	6:00-6:45 AM	
W E D N E S D A Y	5:30-7:30 AM	AQUA BODY STRONG (Cat) 5:15-5:45 AM	SWIM LESSONS 4:15-6:55 PM SWIM TEAM PRACTICE 5:30-7:00PM
	9:25 AM-1:00 PM	DEEP WATER AEROBICS (Cat) 6:00-6:45 AM	
	4:00-8:00 PM*	DEEP WATER AEROBICS (Pat) 9:25-10:10 AM AQUA ZUMBA (Laenda) 10:15-11:00AM	
H U R S D A	5:30-7:00 AM	DEEP WATER AEROBICS (Jane) 6:00-6:45 AM	SWIM TEAM PRACTICE 5:30-7:00 PM
	10:15 AM-1:00 PM	6:00-6:45 AM	
	4:00-8:00 PM*		
F R I D A Y	5:30-7:30 AM	AQUA BODY STRONG (Cat) 5:15-5:45 AM	
	9:30-1:00 PM	DEEP WATER AEROBICS(Cat) 6:00-6:45 AM	
	4:00-6:00 PM	DEEP WATER AEROBICS(Pat) 9:25-10:10 AM AQUA ZUMBA (Laenda/Tariq) 10:15-11:00AM	
S A T	8:00-10:15 AM	AQUA ZUMBA 8:30-9:15AM (Amy or Tariq for both)	
	1:00-5:00 PM	AQUABODYSTRONG 9:30-10:00AM	
S U N	1:00-5:00 PM		

Hours are subject to change for events.

* Lane space is limited. Swimmers must share lanes when applicable. Program classes have priority. Lap Swim times with an * may be limited to 1-2 lanes due to programming.

Swim test are required for patrons 14 and younger. The swim test is one length of the pool

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 closed for YMCA State Swim Meets on these dates:
March 7 & 8

Special Events:
Iowa YMCA STATE Swim Meet
March 7 & 8

Updated 2/28/2020

Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org

REC POOL SCHEDULE

March 2-March 29

	FITNESS/OPEN SWIM	WATER EXERCISE	PROGRAMMING
M O N D A Y	OPEN SWIM 7:00-8:30 PM	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 4:15-6:55 PM
T U E S D A Y	FITNESS SWIM 7:00-8:30 AM Tot Swim 11:00-1:00 NO SPRAY FEATURES Water Walking 12:00-1 OPEN SWIM 7:00-8:30 PM	SENIOR AQUA AEROBICS(Judy) 8:30-9:15 AM MOVING & STRETCHING 10:15-11:00 AM (Connie) AQUA TAI CHI 11--:15 - 12:00 PM (Connie) VORTEX (Sandy) 12:15-1:00 PM AQUA AEROBICS (Amy) 6-6:45 PM	
W E D N E S D A Y	OPEN SWIM 7:00-8:30 PM	AQUA AEROBICS 7-7:45 AM(Judy) SENIOR AQUA AEROBICS (Judy) 7:45-8:30 AM SENIOR AQUA AEROBICS (Carolyn) 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 4:15-6:55 PM
T H U R S D A Y	FITNESS SWIM 7:00-8:30 AM Tot Swim 11:00-1:00 NO SPRAY FEATURES Water Walking 12:00-1 OPEN SWIM 7:00-8:30 PM	SENIOR AQUA AEROBICS(Judy) 8:30-9:15 AM MOVING & STRETCHING 10:15-11:00 AM (Connie) AQUA TAI CHI 11--:15 - 12:00 PM (Connie) VORTEX (Sandy) 12:15-1:00 PM AQUA AEROBICS (Amy) 6-6:45 PM	
F R I D A Y	SENIOR SWIM 9:15-10:45 AM OPEN SWIM 4:00-7:00 PM	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	
S A T	OPEN SWIM 1-5 PM		
S U N	OPEN SWIM 1-5 PM		

***Tot Swim- Child 5 and under with adult in the water. Water Walking adults only.**

Hours are subject to change for events.

Swim test are required for patrons 14 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
 March 9
 March 13
 March 30
 April 10
 April 13

Rec pool is consideration for events on these days:
 March 7 & 8 for Y State Swim Meets

Updated 2/28/2020

Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org