



eliminating racism  
empowering women  
**ywca**

## LAP POOL SCHEDULE

August 19th - October 27th

	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	
	9:25-1:00 PM	DEEP WATER AEROBICS (Cat) 6:00-6:45 AM	SWIM LESSONS 4:30-6:55 PM
	4:00-8:00 PM*	DEEP WATER AEROBICS (Pat) 9:25-10:10 AM AQUA ZUMBA (Laenda) 10:15-11:00AM	SWIM TEAM PRACTICE 5:30-8:00 PM
T U E S D A Y	5:30-7:30 AM	DEEP WATER AEROBICS (Cat) 6:00-6:45 AM	SWIM LESSONS 4:30-6:05 PM
	10:15 AM-1:00 PM		
	4:00-8:00 PM*		SWIM TEAM PRACTICE 5:30-8:00 PM
W E D N E S D A Y	5:30-7:30 AM	AQUA BODY STRONG (Cat) 5:15-5:45 AM	
	9:25 AM-1:00 PM	DEEP WATER AEROBICS (Cat) 6:00-6:45 AM	SWIM LESSONS 4:30-6:55 PM
	4:00-8:00 PM*	DEEP WATER AEROBICS (Pat) 9:25-10:10 AM AQUA ZUMBA (Laenda) 10:15-11:00AM	SWIM TEAM PRACTICE 5:30-8:00PM
T H U R S D A Y	5:30-7:00 AM	DEEP WATER AEROBICS (Jane) 6:00-6:45 AM	SWIM LESSONS 4:30-6:05 PM
	10:15 AM-1:00 PM		
	4:00-8:00 PM*		SWIM TEAM PRACTICE 5:30-8:00 PM
F R I D A Y	5:30-7:30 AM	DEEP WATER AEROBICS (Cat) 6:00-6:45 AM	
	9:30-1:00 PM	DEEP WATER AEROBICS (Pat) 9:25-10:10 AM	USA SWIM TEAM PRACTICE 4:15-5:30 PM
S A T	8:00-10:15 AM		SWIM LESSONS 8:30-10:05 AM
	1:00-5:00 PM		
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.

AquaBodyStrong and swim lessons will move to rec pool on Oct 19th, Dec. 7th & 14th

Lap pool closes at 9:00 AM for Blue Wave Swim Meets on these dates:

Oct 19th, Dec.7th & 14th  
Lap pool will be closed Nov 8th PM only & all day Nov 9th

Special Events:  
Sept. 14-15 WIBIT Weekend  
Oct. 19 MHS Diving Invite  
Nov. 8 & 9 Girls HS State Swimming & Diving Championships

Everyone in the community is invited to join us for the Grinch Swim on December 20th from 4:00-7:00 PM Members are FREE. Community - \$10 per family  
Updated 8/28/19

Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org

# REC POOL SCHEDULE

August 19th - October 27th

	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	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 Tot Swim 11:00-1:00 NO SPRAY FEATURES Water Walking 12:00-1:00 <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) AQUA TAI CHI 11--:15 - 12:00 PM (Connie) VORTEX (Sandy) 12:15-1:00 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 (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 9:15-10:45 AM (Connie) HOME SCHOOL (Connie) 3:00-3:45 PM SWIM LESSONS 4:30-6:55 PM
<b>T H U R S D A Y</b>	FITNESS SWIM 7:00-8:30 AM Tot Swim 11:00-1:00 NO SPRAY FEATURES Water Walking 12:00-1:00 <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) AQUA TAI CHI 11--:15 - 12:00 PM (Connie) VORTEX (Sandy) 12:15-1:00 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 4:00-6:00 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</b>	<b>OPEN SWIM 1-5 PM</b>		

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**\*Tot Swim- Child 5 and under with adult in the water. Water Walking adults only**  
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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  
 September 23rd  
 October 4th  
 October 28th  
 November 27th  
 November 29th

Rec pool is consideration for events on these days:

+AquaBodyStrong and swim lessons will move to rec pool on Oct. 19th, Dec. 7th & 14th  
 +Recreational pool closed Nov 8 & 9 for IGHS AU State Swim meet

Special Events:

Everyone in the community is invited to join us for the Grinch Swim on December 20th from 4:00-7:00 PM  
 Members are FREE, Community - \$10

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