



eliminating racism  
empowering women  
**ywca**

# LAP POOL SCHEDULE

## June 5th-August 5th 2017

	LAP SWIM	WATER EXERCISE	PROGRAMMING
<b>M O N D A Y</b>	5:30-6:00 AM (8)	DEEP WATER	SWIM TEAM
	6:00-6:45 AM (5)	AEROBICS (CAT)	7-9:30 AM (5-6)
	6:45-7:30 AM (2-3)	6:00-6:45 AM (3)	
	10:15 AM-1:00 PM(5-8)	DEEP WATER	SWIM LESSONS
	4:00-4:30 (8)	AEROBICS (PAT)	4:30-6:55 PM (2)
	4:30-7:00 PM (2-6) 7:00-8:00 PM (8)	9:30-10:15 AM (3)	
<b>T U E S D A Y</b>	5:30-6:00 AM (8)	DEEP WATER	SWIM TEAM
	6:00-6:45 AM (4)	AEROBICS (JANE)	7-9:30 AM (5-6)
	6:45-7:30 AM (2-3)	6:00-6:45 AM (3)	
	10:15 AM-1:00 PM (8)		Diving (2) 5:30-7 PM
	4:00-8:00 (8)		
<b>W E D N E S D A Y</b>	5:30-6:00 AM (8)	DEEP WATER	SWIM TEAM
	6:00-6:45 AM (4)	AEROBICS (CAT)	7-9:30 AM (5-6)
	6:45-7:30 AM (2-3)	6:00-6:45 AM (3)	
	10:15 AM-1:00 PM(5-8)	DEEP WATER	SWIM LESSONS
	4:00-4:30 (8)	AEROBICS (PAT)	4:30-6:55 PM (2)
	4:30-7:00 PM (2-6) 7:00-8:00 PM (8)	9:30-10:15 AM (3) Aqua Zumba (Dianne) 10:20-11:05 AM (3)	
<b>T H U R S D A Y</b>	5:30-6:00 AM (8)	DEEP WATER	SWIM TEAM
	6:00-6:45 AM (4)	AEROBICS (JANE)	7-9:30 AM (5-6)
	6:45-7:30 AM (2-3)	6:00-6:45 AM (3)	
	10:15 AM-1:00 PM (8)		Diving (2) 5:30-7 PM
	4:00-8:00 (8)		
<b>F R I D A Y</b>	5:30-6:00 AM (8)	DEEP WATER	SWIM TEAM
	6:00-6:45 AM (4)	AEROBICS (CAT)	7-9:30 AM (5-6)
	6:45-7:30 AM (2-3)	6:00-6:45 AM (3)	
	10:15 AM-1:00 PM (8)	DEEP WATER	
	4:00-6:00 (8)	AEROBICS (PAT) 9:30-10:15 AM (3)	
<b>S A T</b>	8:00-8:30 AM (8)		SWIM LESSONS
	8:30-10:15 AM (6)		8:30-10:05 AM (2)
	1:00-5:00 PM (8)		
<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 18 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 on the pool deck.

Children under 6 must be supervised by an adult at least 14 years 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:

June 13 evenings 4-8pm

June 20 evenings 4-8pm

July 11 evenings 4-8pm

July 22 morning 8am-1pm

Marshalltown YMCA-YWCA

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org



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## REC POOL SCHEDULE

June 5th-August 5th 2017

	FITNESS/OPEN SWIM	WATER EXERCISE	PROGRAMMING
<b>M O N D A Y</b>	<b>OPEN SWIM</b> 2:00-4:00 PM	AQUA AEROBICS (JUDY) 7-7:45 AM SR AQUA AEROBICS(JUDY)7:45-8:30AM SR AQUA AEROBICS(PAT) 8:30-9:15AM VORTEX (DIANNE) 10:15-11:00 AM RUSTY HINGES (PAT) 10:45-11:30 AM	SWIM LESSONS 9:15-10:45 AM (CONNIE) ROGERS UNI. LESSONS 1:00-1:45 PM (June 19-July 7)
	<b>OPEN SWIM</b> 7:00-8:30 PM	AQUALATES (CONNIE) 11-12 PM VORTEX (TAMMY) 6:00-6:45 PM	SWIM LESSONS 4:30-6:55 PM
<b>T U E S D A Y</b>	<b>FITNEES SWIM</b> 7:00-8:30 AM	SENIOR AQUA AEROBICS 8:30-9:15 AM (JUDY)	SWIM LESSONS 9:15-10:00 AM
	<b>FITNESS SWIM/OPEN SWIM</b> 11:00 AM-1:00 PM NO SPRAY FEATURES	MOVING & STRETCHING 10:15-11:00 AM (CONNIE) VORTEX (SANDY) 12:30-1:15 PM	ROGERS UNI. LESSONS 1:00-1:45 PM (June 19-July 7)
	<b>OPEN SWIM</b> 2:00-4:00 PM	SENIOR AQUA AEROBICS (CONNIE) 1:00-1:45 PM	SWIM LESSONS 4:30-6:55 PM
	<b>OPEN SWIM</b> 7:00-8:30 PM	AQUA AEROBICS (KRISTINE) 6-6:45 PM	
<b>W E D N E S D A Y</b>	<b>OPEN SWIM</b> 2:00-4:00 PM	AQUA AEROBICS (JUDY) 7-7:45 AM SR AQUA AEROBICS(JUDY)7:45-8:30AM SR AQUA AEROBICS(PAT) 8:30-9:15AM RUSTY HINGES (PAT) 10:45-11:30 AM	SWIM LESSONS 9:15-10:45 AM (CONNIE) ROGERS UNI. LESSONS 1:00-1:45 PM (June 19-July 7)
	<b>OPEN SWIM</b> 7:00-8:30 PM	AQUALATES (CONNIE) 11-12 PM VORTEX (TAMMY) 6:00-6:45 PM	SWIM LESSONS 4:30-6:55 PM
<b>T H U R S D A Y</b>	<b>FITNEES SWIM</b> 7:00-8:30 AM	SENIOR AQUA AEROBICS 8:30-9:15 AM (JUDY)	SWIM LESSONS 9:15-10:00 AM
	<b>FITNESS SWIM/OPEN SWIM</b> 11:00 AM-1:00 PM NO SPRAY FEATURES	MOVING & STRETCHING 10:15-11:00 AM (CONNIE) VORTEX (SANDY) 12:30-1:15 PM	ROGERS UNI. LESSONS 1:00-1:45 PM (June 19-July 7)
	<b>OPEN SWIM</b> 2:00-4:00 PM	SENIOR AQUA AEROBICS (CONNIE) 1:00-1:45 PM	SWIM LESSONS 4:30-6:55 PM
	<b>OPEN SWIM</b> 7:00-8:30 PM	AQUA AEROBICS (KRISTINE) 6-6:45 PM	
<b>F R I D A Y</b>	<b>SENIOR SWIM</b> 9:15-10:45 AM	AQUA AEROBICS (JUDY) 7-7:45 AM SR AQUA AEROBICS(JUDY)7:45-8:30AM SR AQUA AEROBICS(PAT) 8:30-9:15AM	Preschool Swim 12:00-1:00 PM
	<b>OPEN SWIM</b> 2:00-6:00 PM	RUSTY HINGES (PAT) 10:45-11:30 AM AQUALATES (CONNIE) 11-12 PM ADAPTIVE AEROBICS (CHRISTINE) 4:30-5:15 PM	Day Camp Swim Club 1:00-1:45 PM
<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 18 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 on the pool deck.

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

Multiple activities scheduled in this pool at the same time.

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

Rec pool is closed for events on these days:

Marshalltown YMCA-YWCA

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