



eliminating racism  
empowering women  
**ywca**

## LAP POOL SCHEDULE

June 11th-August 4th 2018

	LAP SWIM	WATER EXERCISE	PROGRAMMING
M O N D A Y	5:30-7:30 AM (5-8)	AQUA BODY STRONG 5:15-5:45 PM DEEP WATER AEROBICS (CAT)	SWIM TEAM 7-9:30 AM (6-8)
	9:30 AM-1:00 PM (5-8)	6:00-6:45 AM (3) DEEP WATER AEROBICS (PAT)	SWIM LESSONS 4:30-6:55 PM (2)
	4:00-8:00 (3-6)	9:30-10:15 AM (3) Aqua Zumba 10:20 - 11:05 AM	
T U E S D A Y	5:30-7:30 AM (2-8)	DEEP WATER AEROBICS 6:00-6:45 AM (3)	SWIM TEAM 7-9:30 AM (6-8)
	10:15 AM-1:00 PM (8)	AQUA BODY STRONG 10:15-10:45 AM	SWIM LESSONS 4:30-6:05 PM (2)
	4:00-8:00 (5-8)	AQUA BODY STRONG 5:30-6:00 PM	
W E D N E S D A Y	5:30-7:30 AM (5-8)	AQUA BODY STRONG 5:15-5:45 PM DEEP WATER AEROBICS (CAT)	SWIM TEAM 7-9:30 AM (6-8)
	9:30 AM-1:00 PM (5-8)	6:00-6:45 AM (3) DEEP WATER AEROBICS (PAT)	SWIM LESSONS 4:30-6:55 PM (2)
	4:00-8:00 (3-6)	9:30-10:15 AM (3) Aqua Zumba 10:20 - 11:05 AM	
T H U R S D A Y	5:30-7:30 AM (2-8)	DEEP WATER AEROBICS 6:00-6:45 AM (3)	SWIM TEAM 7-9:30 AM (6-8)
	10:15 AM-1:00 PM (8)	AQUA BODY STRONG 10:15-10:45 AM	SWIM LESSONS 4:30-6:05 PM (2)
	4:00-8:00 (5-8)	AQUA BODY STRONG 5:30-6:00 PM	
F R I D A Y	5:30-7:30 AM (5-8)	DEEP WATER AEROBICS (CAT) 6:00-6:45 AM (3)	SWIM TEAM 7-9:30 AM (6-8)
	9:30 AM-1:00 PM (5-8)	DEEP WATER AEROBICS (PAT)	
	4:00-6:00 (8)	9:30-10:15 AM (3)	
S A T	8:00-10:15 AM (5-8)	AQUA BODY STRONG 10:30-11 AM	SWIM LESSONS 8:30-10:05 AM
	1:00-5:00 PM (8)		DIVING 10:30-12:30 PM
S U N	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 19 evenings 4-8pm  
June 26 evenings 4-8pm  
July 10 evenings 4-8pm

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 11th-August 4th 2018

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

108 Washington St, Marshalltown IA 50158

P 641 752 8658 www.ymca-ywca.org