



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

April 1st-May 29th

MON	TUE	WED	THU	FRI	SAT	SUN
5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	8:00-10:15 AM Lap Swim	7:00-1:00 PM LAP POOL CLOSED
5:15-6:00 AM Aqua Body Strong	6:00-6:45 AM Deep Water Aerobics	5:15-6:00 AM Aqua Body Strong	6:00-6:45 AM Deep Water Aerobics	5:15-6:00 AM Aqua Body Strong	10:00-12:00 Diving	
6:00-6:45 AM Deep Water Aerobics	5 Lanes Open	6:00-6:45 AM Deep Water Aerobics	5 Lanes Open	6:00-6:45 AM Deep Water Aerobics	8:00-9:00 AM Aqua Body Strong	
5 Lanes Open		5 Lanes Open		5 Lanes Open	5 Lanes Open	
7:30-9:25 AM LAP POOL CLOSED	7:30-10:15 AM LAP POOL CLOSED	7:30-9:25 AM LAP POOL CLOSED	7:30-10:15 AM LAP POOL CLOSED	7:30-9:25 AM LAP POOL CLOSED	10:15-1:00 PM LAP POOL CLOSED	
9:25-1:00 PM Lap Swim	10:15-1:00PM Lap Swim	9:25-1:00 PM Lap Swim	10:15-1:00PM Lap Swim	9:25-1:00 PM Lap Swim	1:00-5:00 PM Lap Swim	1:00-5:00 PM Lap Swim
9:25-10:10 AM Deep Water Aerobics	1:00-4:00 PM LAP POOL CLOSED	9:25-10:10 AM Deep Water Aerobics	1:00-4:00 PM LAP POOL CLOSED	9:25-10:10 AM Deep Water Aerobics	<p>Hours are subject to change for events.</p> <p>Lap pool closed to public for Swim Meets the following dates: Feb 6th, 14th & March 6th, 7th</p> <p>Recommended to shower before and after swimming</p> <p>Swim test required for anyone under 14 yrs old</p> <p>Swim Suits required</p> <p>Children under 8 must be supervised by an adult at least 14 yrs old on the pool deck. Children under 6 must be supervised by an adult at least 14 yrs old in the water.</p> <p>Program classes have priority.</p> <p>Lane space is limited to two swimmers per lane unless in same household.</p> <p>Lifeguards reserve the right to administer swim tests as needed.</p>	
5 Lanes Open		5 Lanes Open		5 Lanes Open		
1:00-4:00 PM POOL CLOSED	1:00-4:00 PM POOL CLOSED	1:00-4:00 PM POOL CLOSED				
4:00-7:00 PM Lap Swim	4:00-7:00 PM Lap Swim	4:00-7:00 PM Lap Swim	4:00-7:00 PM Lap Swim	4:00-6:00 PM Lap Swim		
4:30-7:15 PM Swim Lessons	4:30-7:15 PM Swim Lessons	4:30-7:15 PM Swim Lessons	4:30-7:15 PM Swim Lessons	@ 6:00PM LAP POOL CLOSED		
		6:00-7:30 PM Diving				
MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:45 PM						



MARSHALLTOWN YMCA-YWCA

REC POOL SCHEDULE

April 1st-May 29th

MON	TUE	WED	THU	FRI	SAT	SUN
7:00-7:45 AM Aqua Aerobics	7:00-8:30 AM Water Walking 8:30-9:15 AM Senior Aqua Aerobics	7:00-7:45 AM Aqua Aerobics	7:00-8:30 AM Water Walking 8:30-9:15 AM Senior Aqua Aerobics	7:00-7:45 AM Aqua Aerobics	8:30-9:30 AM Swim Lessons	REC POOL CLOSED
7:45-8:30 AM 8:30-9:15 AM Senior Aqua Aerobics 9:15-11:00 AM Swim Lessons	10:15-11 AM Moving & Stretching 11:00-11:45AM Vortex	7:45-8:30 AM 8:30-9:15 AM Senior Aqua Aerobics 9:15-11:00 AM Swim Lessons	10:15-11AM Moving & Stretching 11:00- 11:45AM Vortex	7:45-8:30 AM 8:30-9:15 AM Senior Aqua Aerobics	1:00-5:00 PM REC POOL	1:00-5:00 PM REC POOL
11:00-12:00 PM Aqualates 10:45-11:30AM Rusty Hinges	11:00-12:00 PM Parent Tot Swim 11:00-12:00 PM Water Walking	11:00-12:00 PM Aqualates 10:45-11:30AM Rusty Hinges	11:00-12:00 PM Parent Tot Swim 11:00-12:00 PM Water Walking	9:15-10:45 AM Senior Swim 10:45-11:30 AM Rusty Hinges 11:00-12:00PM Aqualates	<p>Hours are subject to change for events.</p> <p>Rec pool will be closed to public for Swim Meets the following dates: March 6th & 7th</p> <p>50 people max for open swim. Social distance in pool areas. Water Walking is for adults only. Recommended to shower before and after swimming.</p> <p>Swim test required for anyone under 14 yrs old Swim Suits required Children under 8 must be supervised by an adult at least 14 yrs old on the pool deck. Children under 6 must be supervised by an adult at least 14 yrs old in the water. Bring your own towels. No towel service.</p>	
12:00-4:30 PM REC POOL CLOSED	12:00-4:30 PM REC POOL CLOSED	12:00-3:00 PM REC POOL CLOSED	12:00-4:30 PM REC POOL CLOSED	12:00-4:15 PM REC POOL CLOSED		
4:30-7:15 PM Swim Lessons	4:30-7:00 PM Swim Lessons	4:30-7:15 PM Swim Lessons		4:15-5:00 PM Adaptive Aerobics		
6:00-6:45 PM Vortex		6:00-6:45 PM Vortex	6:00-6:45 PM Aqua Aerobics			
	Open Swim Rec Pool 7:00-8:30pm		Open Swim Rec Pool 7:00-8:30pm	@ 5:00 REC POOL CLOSED		