



eliminating racism  
empowering women  
**ywca**

## MARSHALLTOWN YMCA-YWCA

# LAP POOL SCHEDULE

AUGUST 15-SEPTEMBER 27 2020

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	8:30-10:15 AM Swim Lessons 7 Lanes Open		
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	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>Recommended to shower before and after swimming</p> <p>Swim 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.</p> <p>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> <p>Water exercise classes limited to 15 participants</p> <p>SWIM LESSONS- Guidelines for participation will be listed on swim lesson schedule</p>		
10:15-11:00 AM Aqua Zumba		10:15-11:00 AM Aqua Zumba		10:15-11:00 AM Aqua Zumba			10:15-11:00 AM Aqua Zumba
1:00-4:00 PM POOL CLOSED		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 7 Lanes Open	4:30-7:15 PM Swim Lessons 7 Lanes Open	4:30-7:15 PM Swim Lessons 7 Lanes Open	4:30-7:15 PM Swim Lessons 7 Lanes Open	@ 6:00PM LAP POOL CLOSED			
5:30-6:30 PM Swim Lessons/ Porpoise Club (starts 9/14)		5:30-6:30 PM Swim Lessons/ Porpoise Club (starts 9/14)					
1-2 Lanes Open		1-2 Lanes Open					
@ 7:15 MONDAY THROUGH THURSDAY LAP POOL CLOSED							



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**REC POOL SCHEDULE**

August 15- September 27 2020

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	8:15-10:15 AM Swim Lessons	7:00-1:00 PM REC POOL CLOSED
7:45-8:30 AM 8:30-9:15 AM Senior Aqua Aerobics 9:15-11:00 AM Swim Lessons (starts 8/31)	10:15-11:00 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 (starts 8/31)	10:15-11:00 AM Aqua Tai Chi 11:00-11:45AM Vortex	7:45-8:30 AM 8:30-9:15 AM Senior Aqua Aerobics	1:00-3:00 PM Open Swim	1:00-3:00 PM Open Swim
10:45-11:30 AM Rusty Hinges 11:00-12 PM Aqualates	11:00-12:00 PM Parent Tot Swim 11:00-12:00 PM Water Walking	10:45-11:30 AM Rusty Hinges 11:00-12 PM Aqualates	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 PM Aqualates	<p>50 people max for open swim. Social distance in pool areas.</p> <p>Water Walking is for adults only.</p> <p>Recommended to shower before and after swimming</p> <p>Swim required for anyone under 14 yrs old</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	<p>Swim Suits required</p> <p>Children under 8 must be supervised by an adult at least 14 yrs old on the pool deck.</p> <p>Children under 6 must be supervised by an adult at least 14 yrs old in the water.</p> <p>Bring your own towels. No towel service.</p> <p>Water Exercise classes will be limited to 12 participants except for Vortex, Aqualates, Aqua Tai Chi, and Move and Stretch which are limited to 8 participants.</p> <p>Swim Lessons - guidelines for participation will be listed on swim lesson schedule.</p>	
4:30-7:15 PM Swim Lessons	4:30-7:15 PM Swim Lessons	3:00-7:15 PM Swim Lessons	4:30-7:15 PM Swim Lessons	4:15-5:00 PM Adaptive Aerobics		
@ 7:15PM REC POOL CLOSED				@ 5:00 REC POOL CLOSED		