



**MARSHALLTOWN YMCA-YWCA**

**LAP POOL SCHEDULE**

October 11- December 20, 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 <b>LAP POOL CLOSED</b>
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	8:00-9:00 AM Aqua Body Strong	
5 Lanes Open		5 Lanes Open		5 Lanes Open	Starting 10-31-2020	
7:30-9:25 AM <b>LAP POOL CLOSED</b>	7:30-10:15 AM <b>LAP POOL CLOSED</b>	7:30-9:25 AM <b>LAP POOL CLOSED</b>	7:30-10:15 AM <b>LAP POOL CLOSED</b>	7:30-9:25 AM <b>LAP POOL CLOSED</b>	10:15-1:00 PM <b>LAP POOL CLOSED</b>	
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 <b>LAP POOL CLOSED</b>	9:25-10:10 AM Deep Water Aerobics	1:00-4:00 PM <b>LAP POOL CLOSED</b>	9:25-10:10 AM Deep Water Aerobics	<p>Hours are subject to change for events. Lap pool closed to public for Swim Meets the following dates: Oct 17, Nov 13, 14, Dec 12,19</p> <p>Recommended to shower before and after swimming 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. Program classes have priority.</p> <p>Lane space is limited to two swimmers per lane unless in same household. 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 <b>POOL CLOSED</b>		1:00-4:00 PM <b>POOL CLOSED</b>		1:00-4:00 PM <b>POOL CLOSED</b>		
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 <b>LAP POOL CLOSED</b>		
4:15-7:45 PM Swim Team	4:15-7:45 PM Swim Team	4:15-7:45 PM Swim Team	4:15-7:45 PM Swim Team			
1-2 Lanes Open	1-2 Lanes Open	1-2 Lanes Open	1-2 Lanes Open			
<b>MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:45 PM</b>						



eliminating racism  
empowering women  
**ywca**

Updated as of 10/8/20

**MARSHALLTOWN YMCA-YWCA**

**REC POOL SCHEDULE**

October 11- December 20, 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	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	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	1:00-5:00 PM Open Swim	1:00-5:00 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. Water Walking is for adults only. Recommended to shower before and after swimming Swim 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> <p>Rec and lap pool closed on November 13 and 14 for IGHS AU Girls State Swim Meet</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	4:30-7:15 PM Swim Lessons	3:00-7:15 PM Swim Lessons	4:30-7:15 PM Swim Lessons	4:15-5:00 PM Adaptive Aerobics		
6:00-6:45 PM Vortex		6:00-6:45 PM Vortex	6:00-6:45 PM Aqua Aerobics			
@ 7:15PM REC POOL CLOSED				@ 5:00 REC POOL CLOSED		