



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

January 11, 2021 - January 31, 2021

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	5 Lanes Open	6:00-6:45 AM Deep Water Aerobics 5 Lanes Open	5 Lanes Open	6:00-6:45 AM Deep Water Aerobics 5 Lanes Open	8:00-9:00 AM Aqua Body Strong 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 5 Lanes Open	1:00-4:00 PM LAP POOL CLOSED	9:25-10:10 AM Deep Water Aerobics 5 Lanes Open	1:00-4:00 PM LAP POOL CLOSED	9:25-10:10 AM Deep Water Aerobics 5 Lanes Open	<p>Hours are subject to change for events. Lap pool closed to public for Swim Meets the following dates: Jan 9th, 16th 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>	
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		
4:15-7:45 PM Swim Team 1-2 Lanes Open	4:15-7:45 PM Swim Team 1-2 Lanes Open	4:15-7:45 PM Swim Team 1-2 Lanes Open	4:15-7:45 PM Swim Team 1-2 Lanes Open			
MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:45 PM						



eliminating racism
empowering women
ywca

Updated as of 01/11/2021

MARSHALLTOWN YMCA-YWCA

REC POOL SCHEDULE

January 11, 2021 - January 31, 2021

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	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 REC POOL 2 Sessions: 1:00-3:00 3:00 - 5:00 Please reserve your spot	1:00-5:00 PM REC POOL 2 Sessions: 1:00-3:00 3:00 - 5:00 Please reserve your spot
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>** NO OPEN SWIM Saturday, January 23rd due to 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		
6:00-6:45 PM Vortex	6:00-6:45 PM Aqua Aerobics	6:00-6:45 PM Vortex	6:00-6:45 PM Aqua Aerobics	Adaptive Aerobics		
@ 7:15PM REC POOL CLOSED				@ 5:00 REC POOL CLOSED		