



MARSHALLTOWN YMCA-YWCA

LAP POOL SCHEDULE

June 5th-August 5th

MON	TUE	WED	THU	FRI	SAT	SUN
Lap Swim 5:00-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:00-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:00-7:00 AM	Lap Swim 8:00-10:15AM	7:00-1:00 PM LAP POOL CLOSED
Aqua Body Strong 5:15-6:00 AM	Deep Water Aerobics 6:00-6:45 AM	Aqua Body Strong 5:15-6:00 AM	Deep Water Aerobics 6:00-6:45 AM	Aqua Body Strong 5:15-6:00 AM	Aqua Body Strong 8:00-9:00AM	
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 6:00-6:45 AM	Swim Lessons 8:30-10:15AM	
Swim Team 6:55-9:30 AM	Swim Team 6:55-9:30 AM	Swim Team 6:55-9:30 AM	Swim Team 6:55-9:30 AM	Swim Team 6:55-9:30 AM	Diving Club 10:00-12:00PM	
Swim Lessons 9:15-11:00AM	Swim Lessons 9:15-11:00AM	Swim Lessons 9:15-11:00AM	Swim Lessons 9:15-11:00AM		Lap Swim 1:00-5:00 PM	
Lap Swim 9:30-1:00 PM	Lap Swim 9:30-1:00 PM	Lap Swim 9:30-1:00 PM	Lap Swim 9:30-1:00 PM	Lap Swim 9:30-1:00 PM	Hours are subject to change for events. Lap pool closed to public for Swim Meets the following dates: June 27th & July 15th 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. Lane space is limited to two swimmers per lane unless in same household. Lifeguards reserve the right to administer swim tests as needed. Special Events: Swim Meets: June 27th, July 15th Wibit Weekends : July 8 & 9	
Deep Water Aerobics 9:35-10:20 AM		Deep Water Aerobics 9:35-10:20 AM		Deep Water Aerobics 9:35-10:20 AM		
Aqua Zumba 11:00-11:45 AM		Aqua Zumba 11:00-11:45 AM		Aqua Zumba 11:00-11:45 AM		
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	1:00 PM POOL CLOSED		
Lap Swim 4:00-7:15 PM	Lap Swim 4:00-7:15 PM	Lap Swim 4:00-7:15 PM	Lap Swim 4:00-7:15 PM			
Swim Lessons 4:30-7:15 PM	Swim Lessons 4:30-7:15 PM	Swim Lessons 4:30-7:15 PM	Swim Lessons 4:30-7:15 PM			
Water Polo 5:30-7:00 PM		Diving 5:30-7:00 PM	Water Polo 5:30-7:00 PM			

MONDAY THROUGH THURSDAY LAP POOL CLOSED at 7:15 PM



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REC POOL SCHEDULE

June 5th-August 5th

MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Aerobics 7:00-7:45 AM 7:45-8:30 AM	Water Walking 7:00-8:30 AM	Aqua Aerobics 7:00-7:45 AM 7:45-8:30 AM	Water Walking 7:00-8:30 AM	Aqua Aerobics 7:00-7:45 AM 7:45-8:30 AM	Swim Lessons 8:30-10:15 AM	REC POOL CLOSED
Senior Aqua 8:30-9:15 AM	Aqua Aerobics 8:30-9:15 AM	Senior Aqua 8:30-9:15 AM	Aqua Aerobics 8:30-9:15 AM	Senior Aqua 8:30-9:15 AM	REC POOL CLOSED 10:15-1:00	
Swim Lessons 9:15-11:00 AM	Swim Lessons 9:15-11:00 AM	Swim Lessons 9:15-11:00 AM	Swim Lessons 9:15-11:00 AM	Senior Swim 9:15-10:45	Open Swim 1:00-5:00 PM	Open Swim 1:00-5:00 PM
Aqua Dance 10:15-11:00AM	Vortex 10:15-11:00AM	Aqua Dance 10:15-11:00AM	Vortex 10:15-11:00AM	Y Preschool Swim Class 10:00-11:00AM		
Rusty Hinges 10:45-11:30AM	Moving & Stretching 11:00-11:45AM	Rusty Hinges 10:45-11:30AM	Moving & Stretching 11:00-11:45AM	Rusty Hinges 10:45-11:30AM		
Aqualates 11:00-12PM	Parent Tot Swim Water Walking 11:00-12:00 PM	Aqualates 11:00-12PM	Parent Tot Swim Water Walking 11:00-12:00 PM	Aqualates 11:00-12PM	<p>Hours are subject to change for events.</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>	
Bobcat U 1:00-2:00PM	Bobcat U 1:00-2:00PM	Bobcat U 1:00-2:00PM	Bobcat U 1:00-2:00PM	Bobcat U 1:00-2:00PM		
REC POOL CLOSED 2:00-4:30 PM	REC POOL OPEN SWIM 2:00-4:00 PM	REC POOL OPEN SWIM 2:00-4:00 PM	REC POOL CLOSED 12:00-4:30 PM	REC POOL OPEN SWIM 2:00-4:00 PM		
Swim Lessons 4:30-7:15 PM	Swim Lessons 4:30-6:30 PM	Swim Lessons 4:30-7:15 PM	Swim Lessons 4:30-7:15 PM	Adaptive Aerobics 4:15-5:00PM		
Vortex 6:00-6:45 PM	Open Swim Rec Pool & Water Volleyball 7:30-8:30PM	Vortex 6:00-6:45 PM	Aqua Aerobics 6:00-6:45 PM			
REC POOL CLOSED 7:30-8:30PM		REC POOL CLOSED 7:30-8:30PM	Open Swim Rec Pool 7:30-8:30PM	REC POOL CLOSED 5:00-8:30PM		