

Marshalltown YMCA-YWCA

SUMMERTIME FUN

SPLASHTACULAR EVENTS & PROGRAMS



SUMMER 2023

NEW PROGRAMS!

- **Junior Discover Scuba**
- **Water polo**
- **Water volleyball**



eliminating racism
empowering women
ywca

Marshalltown YMCA-YWCA

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Register : In house, Online, or by phone

SPRINGBOARD DIVING CLUB

Designed for the beginning or intermediate diver, participants will learn the basics of diving as well as proper technique and form. Springboard diving combines land training, dry board practice and spring board practice for the ultimate experience in diving instruction.

Ages 8 -18

Must know basic front dive

Basic swim skills required

Instructors: Former Divers Carley Harwood & Chad Thatcher

When: June 1st — June 24th

Day/Time: Beginners: Wednesday 5:30-6:15p.m & Saturday 10:00am-10:45a.m

Advanced: Wednesday 6-7p & Saturday 10:45-12:00p

COST: Beg: \$40/Adv.: \$45 per month for members (April, May, June)

Beg: \$55/Adv. \$60 per month for program participants



INTRAMURAL COED WATER POLO

Join us as we introduce the sport of water polo to youth 13-19 years old. The intent of this intramural league is to provide basic skills and an understanding of this sport in a recreational format. The focus of the program will be in-water instruction on the fundamentals of the game such as passing and throwing. **Must have passed the swim test to join!** Lucas Santefort former Iowa State Water Polo goalie will be coaching this summer's league. He trained with a USA Olympic goalie and has been playing water polo for 10 years.

Coed Intramural league for ages 13-19 yrs:

Date: June 5 - August 4th

Times: Monday/Friday 5:30p.m -7:00p.m

Games: TBA

No fee: Register at ymca-ywca.org or call 641-752-8658.



SUMMER SWIM TEAM

Participants will gain swimming knowledge, experience, and overall health through this competitive swim program. Emphasis of the program is skill development, sportsmanship and the enjoyment of competition.

What to Expect

All practices take place in the lap pool under direction of the swim coaches. Swimmers interested in joining swim team need to be able to swim 25 yards each front and back crawl without assistance. Fees are \$100/member; \$150/program participant for morning sessions.

When to Attend

Summer season runs June 5th — July 15th
Practices are Monday — Friday
6:55 — 8:25 a.m. Advanced Practice
8:30 — 9:30 a.m. Intermediate Practice



Junior DISCOVER Scuba

Junior Discover Scuba with Jenn Bruns and Iowa Scuba allows you to try out breathing underwater in a fun and relaxing atmosphere at your own pace! Must be 10-16 yr and older for this 4 hour experience. Gear rental included. Try out breathing underwater in a fun, relaxing atmosphere!

Junior Discover Scuba: July 12 (8:30-1 p.m.) \$80 + tax (Sign up through the YMCA)

Ages 10-16.

Register at ymca-ywca.org or call 641-752-8658.



Register : In house, Online, or by phone

SUMMER SWIM LESSONS

	2-week Session June 5-15 Mon-Thur	2-week Session June 19 –29 Mon-Thur	2-week Session July 10 –20 Mon-Thur	2-week Session July 24 – Aug 3 Mon-Thur	4-week Session June 5 –28 M/W	4-week Session July 10 – Aug 2 M/W	8-week Session June 5 – Aug 5 T, TH or Sat only
Registration Dates	May 29 - Members May 31 - Program Participants	June 12 - Members June 14 - Program Participants	July 3 - Y Members July 5 - Program Participants	July 17 - Y Members July 19 - Program Participants	May 29 - Members May 31 - Program Participants	July 3 - Y Members July 5 - Program Participants	May 29 - Members May 31 - Program Participants
Cost	\$35 Y Members \$50 Program Participants	\$35 Y Members \$50 Program Participants	\$35 Y Members \$50 Program Participants	\$35 Y Members \$50 Program Participants	\$35 Y Members \$50 Program Participants	\$35 Y Members \$50 Program Participants	\$35 Y Members \$50 Program Participants
Stage 1 Water Acclimation	Mon-Thur 9:15-10 a.m.	Mon-Thur 9:15-10 a.m.	Mon-Thur 9:15-10 a.m.	Mon-Thur 9:15-10 a.m.	M/W 4:30-5:15 p.m. 6:30-7:15 p.m.	M/W 4:30-5:15 p.m. 6:30-7:15 p.m.	T 4:30-5:15 p.m. TH 4:30-5:15 p.m. SAT 8:30-9:15 a.m.
Stage 2 Water Movement	Mon-Thur 10:15-11:00 a.m.	Mon-Thur 10:15-11:00 a.m.	Mon-Thur 10:15-11:00 a.m.	Mon-Thur 10:15-11:00 a.m.	M/W 4:30-5:15 p.m. 5:30-6:15 p.m.	M/W 4:30-5:15 p.m. 5:30-6:15 p.m.	T 5:30-6:15 p.m. TH 5:30-6:15 p.m. TH 6:30-7:15 p.m. SAT 8:30-9:15 a.m. SAT 9:30-10:15 a.m.
Stage 3 Water Stamina	Mon-Thur 10:15-11:00 a.m.	Mon-Thur 10:15-11:00 a.m.	Mon-Thur 10:15-11:00 a.m.	Mon-Thur 10:15-11:00 a.m.	M/W 4:30-5:15 p.m. 5:30-6:15 p.m.	M/W 4:30-5:15 p.m. 5:30-6:15 p.m.	T 4:30-5:15 p.m. T 5:30-6:15 p.m. TH 4:30-5:15 p.m. TH 5:30-6:15 p.m. SAT 9:30-10:15 a.m.
Stage 4 Stroke Introduction	Mon-Thur 10:15-11:00 a.m.	Mon-Thur 10:15-11:00 a.m.	Mon-Thur 10:15-11:00 a.m.	Mon-Thur 10:15-11:00 a.m.	M/W 5:30-6:15 p.m. 6:30 - 7:15 p.m.	M/W 5:30-6:15 p.m. 6:30 - 7:15 p.m.	TH 4:30-5:15 p.m. SAT 9:30-10:15 a.m.
Stage 5 Stroke Development	Mon-Thur 9:15-10:00 a.m.	Mon-Thur 9:15-10:00 a.m.	Mon-Thur 9:15-10:00 a.m.	Mon-Thur 9:15-10:00 a.m.	M/W 6:30-7:15 p.m.	M/W 6:30-7:15 p.m.	TH 5:30-6:15 p.m. SAT 8:30-9:15 a.m.
Stage 6 Stroke Mechanics	Mon-Thur 9:15-10:00 a.m.	Mon-Thur 9:15-10:00 a.m.	Mon-Thur 9:15-10:00 a.m.	Mon-Thur 9:15-10:00 a.m.	M/W 6:30-7:15 p.m.	M/W 6:30-7:15 p.m.	TH 5:30-6:15 p.m. SAT 8:30-9:15 a.m.
Water Discovery/ Water Exploration Parent/Child class age 6 mo.-3 yrs,							T 5:15- 5:45 p.m. T 6:00 - 6:30 p.m. TH 10:00-10:30 a.m.

Open Swim/Wibit weekends

Open recreational swim*

*Schedule subject to change. View updated schedules at www.ymca-ywca.org.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00-5:00p.m.		10:45—11:30am Tot Swim		10:45—11:30am Tot Swim		1:00-5:00p.m.
		2:00- 4:00p.m.	2:00- 4:00p.m.		2:00- 4:00p.m.	
		7:15-8:30p.m.		7:15- 8:30p.m.		

Wibit Weekend

July 8-9

Saturday 1:00p.m-5:00p.m.

Sunday 1:00—5:00p.m.



INTRAMURAL COED WATER VOLLEYBALL

Try this new program FREE during the month of June 2023.

Come by yourself or with a team.

Water volleyball is a team sport derived from volleyball in which the games are played in water. Teams consist of 4-6 players. The court will be located in the warm water recreational pool. Please register for no charge weekly for the month of June. Walk in registrations welcome.

Intramural coed league for ages 15 yrs - adults

Location: Recreational pool

Date: June 6 - June 27

Day: Tuesdays

Time: 7:00p.m. — 8:30p.m.

