

Muscatine Community YMCA Pool Schedule Effective 4/1/2024

Small Pool Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 am	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	YMCA Closed
6:00-7:00 am	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	
7:00-8:00 am	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	
8:00-9:00 am	Churn & Burn	Churn & Burn	Churn & Burn	Churn & Burn	Churn & Burn	Adult Fitness	
9:00-10:00 am	Churn & Burn	Churn & Burn	Churn & Burn	Churn & Burn	Silver Sneakers Splash	Adult Fitness	
10:00-11 am	Nice & Easy	Tone & Talk	Nice & Easy	Aqua Zumba	Adult Fitness	Swim Lessons	Swim Lessons
11am-12 pm	Adult Fitness	Swim Lessons	Adult Fitness	Swim Lessons	Tone & Talk: 11:30-12:30	Swim Lessons	Swim Lessons
12:00-1:00 pm	Pool Complex Closed 12-4:30 pm	Pool Complex Closed 12-3 pm	Pool Complex Closed 12-4:30 pm	Pool Complex Closed 12-3 pm	Rusty Hinges: 12:30-1:30 pm	Family Swim 12-4 pm	Family Swim 12-4 pm
1:00-2:00 pm					Adult Fitness: 1:30-2 pm		
2:00-3:00 pm					Pool Complex Closed 2-4:30 pm		
3:00-4:00 pm		Swim Lessons					
4:00-5:00 pm		Swim Lessons					
5:00-6:00 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Adult Fitness	Adult Fitness	Adult Fitness
6:00-7:00 pm	Aqua Zumba	Swim Lessons	Swim Lessons	Swim Lessons	Adult Fitness	YMCA CLOSED	YMCA CLOSED
7:00-8:00 pm	Adult Fitness	Swim Lessons	Swim Lessons	Swim Lessons	Adult Fitness		
8:00-8:45 pm	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness	Adult Fitness		

Large Pool Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	YMCA Closed
6:00-7:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
7:00-8:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:00-9:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
9:00-10:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
10:00-11 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
11am-12 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
12:00-1:00 pm	Pool Complex Closed 12-4:30 pm	Pool Complex Closed 12-3 pm	Pool Complex Closed 12-4:30 pm	Pool Complex Closed 12-3 pm	Lap Swim	Rec Swim 12-4 pm	Rec Swim 12-4 pm
1:00-2:00 pm					Lap Swim		
2:00-3:00 pm					Pool Complex Closed 2-4:30 pm		
3:00-4:00 pm		Lap Swim					
4:00-5:00 pm		Lap Swim					
5:00-6:00 pm	Lap Swim/Swim Team	Lap Swim/Swim Team	Lap Swim/Swim Team	Lap Swim/Swim Team	Lap Swim	YMCA Closed	YMCA Closed
6:00-7:00 pm	Lap Swim/Swim Team	Hydrobics	Lap Swim/Swim Team	Lap Swim/Swim Team	Lap Swim		
7:00-8:00 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00-8:45 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		

SMALL POOL SCHEDULE INFORMATION

- **Pool Schedules are subject to change at any time.**
- **Family Swim is during designated times only. At least one adult over 18 years old must be IN THE WATER at all times during Family Swim.**
- **No Adult Fitness or Family Swim will be allowed during times reserved for Group or Private Lessons.**
- **No Family or Rec Swimming allowed during Adult Fitness or Lap Swim Times.**

LARGE POOL SCHEDULE INFORMATION

- **Pool Schedules are subject to change at any time.**
- **Rec swim is during designated times only. All age restrictions, supervision and swim test rules apply.**
- **Please reserve outside lanes (1 & 6) for water joggers and swim lessons whenever possible.**
- **Any lap swimmer under the age of 14 must demonstrate proficiency to the lifeguard on duty in order to occupy a lane.**
- **MHS Swim Team, Manta Rays Swim Team, & Special Olympics Swim Team may be practicing at the YMCA during designated times. Lanes for lap swimming may be available based on daily attendance.**

SPA SCHEDULE INFORMATION

- **Spa use is restricted to 10 minutes.**
- **Spa users must be 16 years or older.**

**SHOWERS ARE REQUIRED FOR ALL POOL USERS.
CELL PHONES & OTHER ELECTRONIC DEVICES ARE PROHIBITED IN THE POOL
COMPLEX.**