FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MUSCATINE COMMUNITY YMCA

POOL COMPLEX SCHEDULE:

November 2nd – 29th, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LARGE POOL						
LAP SWIM 5 AM - 8:45 PM	LAP SWIM 5 AM-12 PM POOL COMPLEX CLOSED 12-4 PM LAP SWIM 4-8:45 PM HYDROBICS 6-7 PM	LAP SWIM 5 AM-8:45 PM	LAP SWIM 5 AM-12 PM POOL COMPLEX CLOSED 12-4 PM LAP SWIM 4-8:45 PM	LAP SWIM 5 AM-4 PM POOL COMPLEX CLOSED AT 4 PM	LAP SWIM 5 AM-12 PM POOL COMPLEX CLOSED AT 12 PM	LAP SWIM 10 AM-4:45 PM REC SWIM 12-4 PM
THE MANTA RAYS SWIM TEAM MAY HOLD PRACTICES IN THE LARGE POOL ON WEEKDAYS 5:45-8:15 PM. DATES VARY. CIRCLE SWIMMING WILL BE REQUIRED. LANE AVAILABLILITY WILL BE LIMITED.						
SMALL POOL						
ADULT FITNESS 5-8 AM CHURN & BURN 8-9 AM CHURN & BURN 9-10 AM ADULT FITNESS 10-AM -1 PM TONE & TALK 1-2 PM RUSTY HINGES 2-3 PM ADULT FITNESS 3-4 PM SWIM LESSONS 4-5:30 PM AQUA ZUMBA 5:30-6:30 PM ADULT FITNESS 6:30-8:45 PM	ADULT FITNESS 5-8 AM CHURN & BURN 8-9 AM CHURN & BURN 9-10 AM TONE & TALK 10-11 AM ADULT FITNESS 11 AM-12 PM POOL COMPLEX CLOSED 12-4 PM SWIM LESSONS 4-7:30 PM ADULT FITNESS 7:30-8:45 PM	ADULT FITNESS 5-8 AM CHURN & BURN 8-9 AM CHURN & BURN 9-10 AM SILVER SNEAKERS SPLASH 10-11 AM ADULT FITNESS 11 AM-1 PM TONE & TALK 1-2 PM RUSTY HINGES 2-3 PM ADULT FITNESS 3-4 PM SWIM LESSONS 4-7:30 PM ADULT FITNESS 7:30-8:45 PM	ADULT FITNESS 5-8 AM CHURN & BURN 8-9 AM CHURN & BURN 9-10 AM AQUA ZUMBA 10-11 AM ADULT FITNESS 11 AM-12 PM POOL COMPLEX CLOSED 12-4 PM SWIM LESSONS 4-7:30 PM ADULT FITNESS: 7:30-8:45 PM	ADULT FITNESS 5-8 AM CHURN & BURN 8-9 AM SILVER SNEAKERS SPLASH 9-10 AM AQUA ZUMBA 10-11 AM TONE & TALK 11 AM-12 PM ADULT FITNESS 12-4 PM POOL COMPLEX CLOSED AT 4 PM	ADULT FITNESS 5 AM- 12PM POOL COMPLEX CLOSED AT 12 PM	ADULT FITNESS 10 AM-12 PM FAMILY SWIM 12-4 PM ADULT FITNESS 4-4:45 PM

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POOL TERMS, RESTRICTIONS AND SWIM TEST GUIDELINES

POOL SCHEDULES ARE SUBJECT TO CHANGE AT ANY TIME

FAMILY SWIM

The small pool is open to families. At least ONE responsible adult over the age of 18 is required in the water at all times. Two Lifeguards are required.

REC SWIM

The large pool is available to all members/guests for recreational swimming. Children 7 years & younger must be accompanied by a responsible person over the age of 16 at all times. Two Lifeguards are required.

ADULT FITNESS

The small pool is available to members/guests at least 18 years of age who wish to use the pool for fitness/exercise activities. All other pool rules remain in effect.

LAP SWIM

Lap swim is for ages 16 & up. Exceptions may be made for younger participants who are proficient lap swimmers as determined by the Lifeguard on duty after issuing a Lap Swim test.
Participants should follow lap lane etiquette when sharing a lane. Swimmers are asked to circle swim when 3 or more swimmers are in the same lane.

SWIM TEAM

Competitive swim teams (Manta Rays Swim Team, Special Olympics Swim Team, MHS Girls/Boys) have majority use of the large pool. One lane will be made available for lap swimmers. Circle Swimming/lane sharing may be required. Dates vary.

SWIM LESSONS

Group and/or private swim lessons have exclusive use of the pool during these times. No Adult Fitness, Family or Rec swim activities are permitted while lessons are in session.

TONE & TALK

Toning, stretching & mid-level aerobic activities. Class is held in the small pool.

CHURN & BURN

High-intensity cardio, strengthening & resistance workouts using a variety of equipment held in the small pool.

RUSTY HINGES

This class is held in the small pool and designed for those with arthritis or similar conditions. Focus is on balance, stability, range of motion and increasing strength.

AQUA ZUMBA

Aqua Zumba is perfect for anyone looking to make a splash by adding low-impact, high-energy aquatic exercise to their fitness routine. Offered in the small pool.

SILVER SNEAKERS SPLASH

A fun, shallow-water exercise class held in the small pool that uses a signature splash-board to increase movement and intensity. Splash is a great option for beginners and all skill levels.

HYDROBICS

This class incorporates resistance, cardio and toning exercises to give you a total body workout in both shallow and deep water. Class is held in the large pool. Participants should be comfortable in shallow and deep water. Swimming skills are not required but highly recommended.

AGE RESTRICTIONS

Youth 9th grade and older may participate in water fitness classes. Youth younger than 9th grade should not remain in the pool area while classes are in session. Swim test rules apply.

FAMILY AND REC SWIMMING: SWIM TEST GUIDELINES

All youth ages 14 and under will be swim tested. Please see the Lifeguard on duty for assistance with swim testing. The swim test consists of 3 elements:



1: JUMP IN & RESURFACE



2: TREAD WATER WITH HEAD ABOVE FOR 30 SECONDS



3: SWIM THE DISTANCE WITHOUT STOPPING

GENERAL POOL RULES & SAFETY

- Obey the Lifeguard at all times. Swimming permitted only when a Lifeguard is on duty.
- A cleansing shower is required before entering any pool or the spa.
- Appropriate swim attire must be worn in the pool and spa.
- Cell phones and other electronic devices are prohibited within the pool complex.
- No diving. Enter the water feet first only.
- No running or rough play is permitted.
- Food, candy, soda, and gum are not permitted in the pool complex. No glass containers.
- Diaper changing on deck is prohibited. Diaper aged children must wear swim diapers.
- Breath holding activities are not permitted in YMCA pools.

RESTRICTIONS FOR CHILDREN

- Children 7 years and younger must be accompanied IN THE WATER by a caregiver at least 16 years of age at all times.
- All youth 14 years and younger will be swim tested.
- Non-Swimming children must be within arms' reach of a responsible caregiver and/or wearing approved floatation at all times.
- Floatation devices must be U.S. Coast Guard approved. No inflatables.
- No more than two non-swimming children per caregiver.