

Small Pool Schedule

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

- **The Pool Complex will be closed during designated times for cleaning and disinfecting.**
- **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 time during Family Swim.**
- **Spa use is restricted to 10 minutes**
- **No Adult Fitness or Family Swim will be allowed during times reserved for Group or Private Lessons.**

Muscatine Community YMCA Pool Schedule:

Effective 8/16/21-9/26/21

Large Pool Schedule

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

- **The Pool Complex will be closed during designated times for cleaning and disinfecting.**
- **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.**
- **MHS Swim Team, Manta Rays Swim Team & Muskie Swim Boosters will be practicing during designated times. At least one lap lane will be available for lap swimming during those times. More lanes may be available based on daily attendance.**
- **Spa use is restricted to 10 minutes**
- **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.**