



# Competition Pool Schedule

## Indianola YMCA

April 2<sup>nd</sup>- May 31<sup>st</sup>

	Diving Board	LAP SWIM	WATER FITNESS	Y PROGRAMMING	SWIM TEAMS	
<b>M O N D A Y</b>		5:00am-8:30am (8) 8:30am-9:15am (5) 9:15am-6:15pm (8) 6:15pm-7:00pm (3) 7:00pm-8:30pm (1) 8:30pm-9:30pm (8)	<b>Wave Power</b> 8:30am-9:15am (3) <b>Wave Power</b> 6:15pm-7:00pm (2)	<b>Swim Lessons:</b> 6:15pm-7:00pm (3)	<b>DSMY Club</b> 7:00pm-8:30pm (7)	Please refer to the <b>Pool Rules and Diving Board Rules</b> posted in the Aquatics Center. Schedule is subject to change based on specialty programs.  <b>3 Meter Diving</b> Only available for adults 18 years or older. Open Sundays based on pool space and with a supervisor on duty.
<b>T U E S D A Y</b>		5:00am-8:30am (8) 8:30am-9:15am (5) 9:15am-6:00pm (8) 6:00pm-7:00pm (6) 7:00pm-8:30pm (1) 8:30pm-9:30pm (8)	<b>Aqua Zumba</b> 8:30am-9:15am (3) <b>Deep Water</b> 6:15pm-7:00pm (2)		<b>DSMY Club</b> 7:00pm-8:30pm (7)	<u>LAP SWIM</u> We ask that swimmers share lanes and circle swim during their workout. Swimmers must be doing continuous laps in the lap swim lanes.
<b>W E D N E S D A Y</b>		5:00am-8:30am (8) 8:30am-9:15am (5) 9:15am-6:15pm (8) 6:15pm-7:00pm (3) 7:00pm-8:30pm (1) 8:30pm-9:30pm (8)	<b>Wave Power</b> 8:30am-9:15am (3) <b>Wave Power</b> 6:15pm-7:00pm (2)	<b>Swim Lessons:</b> 6:15pm-7:00pm (3)	<b>DSMY Club</b> 7:00pm-8:30pm (7)	<b>*Numbers in parenthesis are lanes that are available for each activity*</b>
<b>T H U R S D A Y</b>		5:00am-8:30am (8) 8:30am-9:15am (5) 9:15am-6:00pm (8) 6:00pm-7:00pm (6) 7:00pm-8:30pm (1) 8:30pm-9:30pm (8)	<b>Deep Water</b> 8:30pm-9:15pm (3) <b>Deep Water</b> 6:15pm-7:00pm (2)		<b>DSMY Club</b> 7:00pm-8:30pm (7)	Questions? Please visit our Welcome Center for assistance. You can also contact us at 515-777-7746 or <a href="mailto:Indianola@dmymca.org">Indianola@dmymca.org</a>
<b>F R I D A Y</b>	7:30pm-8:30pm	5:00am-8:30am (8) 8:30am-9:15am (5) 9:15am-6:00pm (8) 6:00pm-7:30pm (3) 7:30pm-8:30pm (5)	<b>Wave Power</b> 8:30am-9:15am (3)		<b>DSMY Club</b> 6:00pm-7:30pm (5)	<u>Special Schedules</u> Competition Pool Open Swim Schedule times may change based on special programs.
<b>S A T U R D A Y</b>	11:30am-4:30pm	7:00am-9:00am (8) 9:00am-9:45am (2) 10:00am-4:30pm (5)	<b>Deep Water</b> 9:00am-9:45am (3)	<b>Swim Lessons:</b> 9:00-9:40am (3)		Special Olympics Swim Meet 4/16: POOL CLOSED from 9:15am-12pm
<b>S U N D A Y</b>	12:00pm-3:30pm 3:30pm-4:30pm (3 meter) * can only be open with the supervision of a site supervisor	10:00am-12:00pm (8) 12:00pm-4:30pm (4)				Kayak Rolling 5/3: 6:30-8:30pm -needs 3 lanes