



Competition Pool Schedule Indianola YMCA

September 1st – September 30th

	Diving Board	LAP SWIM	WATER FITNESS	Y PROGRAMMING	SWIM TEAMS	
M O N D A Y		5:00am-8:30am (8) 8:30am-9:15am (5) 9:15am-11:00am (8) 11:00am-2:15pm (6) 2:15pm-4:15pm (2) 4:15pm-8:30pm (1)	Aqua Bootcamp 8:30am-9:15am (3) Wave Power 6:15pm-7:00pm (2)	Swim Lessons: 6:15pm-7:00pm (3)	Simpson 2:15pm-4:15pm (6) HS 4:15pm-6:15pm (7) Marlins 6:15pm-7pm (2) 7:00pm-8:30pm (7)	<p>Please refer to the Pool Rules and Diving Board Rules posted in the Aquatics Center. Schedule is subject to change based on specialty programs.</p> <p>3 Meter Diving Only available for adults 18 years or older. Open Sundays based on pool space and with a supervisor on duty.</p> <p><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.</p> <p>*Numbers in parenthesis are lanes that are available for each activity*</p> <p>Questions? Please visit our Welcome Center for assistance. You can also contact us at 515-777-7746 or Indianola@dmymca.org</p> <p>Special Schedules Competition Pool Open Swim and Diving board schedule times may change based on special programs.</p> <p>DSMY tryouts: 6:30pm September 23rd, 24th, 30th October 24th, 26th</p> <p>Lifeguard Training: (3) September 20: 5pm-9pm September 21: 9am-5pm September 22: 10am-5pm</p>
T U E S D A Y		5:00am-8:30am (8) 8:30am-9:15am (5) 9:15am-11:00am (8) 11:00am-2:15pm (6) 2:15pm-4:15pm (2) 4:15pm-8:30pm (1)	Aqua Zumba 8:30am-9:15am (3) Deep Water 6:15pm-7:00pm (2)		Simpson 2:15pm-4:15pm (6) HS 4:15pm-6:15pm (7) Marlins 6:15pm-7pm (2) 7:00pm-8:30pm (7)	
W E D N E S D A Y		5:00am-7:15am (6) 7:15am-8:30am (8) 8:30am-9:15am (5) 9:15am-11:00am (8) 11:00am-2:15pm (6) 2:15pm-4:15pm (2) 4:15pm-8:30pm (1)	Wave Power 8:30am-9:15am (3) Aqua Bootcamp 6:15pm-7:00pm (2)	Swim Lessons: 6:15pm-7:00pm (3)	Simpson 5:15am-7:15am (2) 2:15pm-4:15pm (6) HS 4:15pm-6:15pm (7) Marlins 6:15pm-7pm (2) 7:00pm-8:30pm (7)	
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F R I D A Y	6:30pm-7:30pm	5:00am-5:30am (8) 5:30am-7:00am (4) 7:00am-8:30am (8) 8:30am-9:15am (5) 9:15am-11:00am (8) 11:00am-2:15pm (6) 2:15pm-4:15pm (2) 4:15pm-7:15pm (1)	Wave Power 8:30am-9:15am (3)		Simpson 2:15pm-4:15pm (6) HS 5:30am-7:00am (4) 4:15pm-6:15pm (7) Marlins 6:15pm-7:15pm (4)	
S A T U R D A Y	1:00pm-4:30pm	8:00am-9:00am (8) 9:00am-9:45am (5) 10:00am-1:00pm (8) 1:00pm-4:30pm (5)	Deep Water 9:00am-9:45am (3)			
S U N D A Y	1:00pm-3:30pm 3:30pm-4:30pm (3 meter) * can only be open with the supervision of a site supervisor	11:00am-1:00pm (8) 1:00pm-4:30pm (4)				