

# BETTENDORF FAMILY YMCA

## POOL SCHEDULE

LAP SWIM		
Day	Times	Lanes
Monday	5:00am-6:30am	6 Lanes
	6:30am-11:00am	3 Lanes
	11:00am-4:30pm	3-4 Lanes
	4:30pm-7:15pm	1 Lane
	7:15pm-9:30pm	3-4 Lanes
Tuesday	5:00am-7:30am	6 Lanes
	7:30am-9:00am	3 Lanes
	9:00am-4:30pm	3-4 Lanes
	4:30pm-7:15pm	1 Lane
	7:15pm-9:30pm	3-4 Lanes
Wednesday	5:00am-6:30am	6 Lanes
	6:30am-11:00am	3 Lanes
	11:00am-4:30pm	3-4 Lanes
	4:30pm-7:15pm	1 Lane
	7:15pm-9:30pm	3-4 Lanes
Thursday	5:00am-7:30am	6 Lanes
	7:30am-9:00am	3 Lanes
	9:00am-4:30pm	3-4 Lanes
	4:30pm-7:15pm	1 Lane
	7:15pm-9:30pm	3-4 Lanes
Friday	5:00am-6:30am	6 Lanes
	6:30am-11:00am	3 Lanes
	11:00am-8:30pm	3-4 Lanes
Saturday	6:30am-8:00am	6 Lanes
	8:00am-11:45am	2 Lanes
	12:00pm-5:30pm	3 Lanes
Sunday	8:30am-10:00am	6 Lanes
	10:00am-4:30pm	3 Lanes

WATER EXERCISE	
Mondays / Wednesdays / Fridays	
Aqua Fit Challenge	6:45-7:45am
Aqua Fit Shallow	8:00-9:00am
Aqua Fit Shallow	9:15-10:00am
Aqua Fit Shallow	10:15-11:00am
Mondays / Wednesdays	
Water Aerobics	5:00-6:00pm
Tuesdays / Thursdays	
Aqua HIIT	7:45-8:45am
Saturdays	
Aqua Fit Shallow	8:00-9:00am

**SCHEDULE IS SUBJECT TO CHANGE DUE TO FACILITY/PROGRAMMING NEEDS**

09/16/2025 - KM

SWIM LESSONS	
Register Online or at the Welcome Center!	
Swim Stages	
Parent & Child A B	6 months - 3 years
Preschool 1-4	3 years - 5 years
Schoolage 1-6	5 years - 12 years
Monday & Wednesday	
Preschool 1-4	4:30-5:15 PM
Schoolage 1-6	5:25-6:10 PM
Schoolage 1-6	6:20-7:05 PM
Tuesday & Thursday	
Preschool 1-4	4:30-5:15 PM
Schoolage 1-6	5:25-6:10 PM
Schoolage 1-6	6:20-7:05 PM
Saturdays	
Parent & Child A B	9:55- 10:40 AM
Preschool 1-4	9:55-10:40 AM
Youth 1-6	10:50- 11:35 AM
<b>Questions? Contact <a href="mailto:bet-aq@ymcaimv.org">bet-aq@ymcaimv.org</a></b>	

SMALL POOL OPEN SWIM	
Days	Times
Monday	12:00pm- 4:30pm
	7:15pm- 9:00pm
Tuesday	12:00pm- 4:30pm
	7:15pm- 9:00pm
Wednesday	12:00pm- 4:30pm
	7:15pm- 9:00pm
Thursday	12:00pm- 4:30pm
	7:15pm- 9:00pm
Friday	12:00pm- 8:00pm
Saturday	12:00pm- 5:00pm
Sunday	9:00am- 4:00pm
Zero-Depth Entry	
Water Slide & Water Features	

**\*\*Water Slide operates based on staff availability\*\***

LARGE POOL OPEN SWIM	
Days	Times
Monday	12:00pm- 4:30pm
	7:15pm- 9:30pm
Tuesday	12:00pm- 4:30pm
	7:15pm- 9:30pm
Wednesday	12:00pm- 4:30pm
	7:15pm- 9:30pm
Thursday	12:00pm- 4:30pm
	7:15pm- 9:30pm
Friday	12:00pm-8:30pm
Saturday	12:00pm- 5:30pm
Sunday	10:00am- 4:30pm