

# BETTENDORF FAMILY YMCA

## POOL SCHEDULE

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

WATER EXERCISE	
<b>Mondays / Wednesdays / Fridays</b>	
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
<b>Mondays / Wednesdays</b>	
Water Aerobics	4:00-5:00pm
<b>Tuesdays / Thursdays</b>	
Aqua HIIT	7:45-8:45am
<b>Saturdays</b>	
Aqua Fit Shallow	8:00-9:00am

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

05/26/2026 - KM

SWIM LESSONS	
Register Online or at the Welcome Center!	
<b>Swim Stages</b>	
Parent & Child A B	6 months - 3 years
Preschool 1-4	3 years - 5 years
Schoolage 1-6	5 years - 12 years
<b>Monday - Thursday</b>	
Preschool 1-4	9:00- 9:45 AM
Schoolage 1-6	10:00- 10:45 AM
Schoolage 1-6	11:00- 11:45 AM
<b>Monday - Thursday</b>	
Preschool 1-4	4:30-5:15 PM
Schoolage 1-6	5:30-6:15 PM
Schoolage 1-6	6:30-7:15 PM
<b>Saturdays</b>	
Parent & Child A B	9:00- 9:45 AM
Preschool 1-4	10:00-10:45 AM
Youth 1-6	11:00- 11:45 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- 8:00pm
Tuesday	12:00pm- 4:30pm
	7:15pm- 8:00pm
Wednesday	12:00pm- 4:30pm
	7:15pm- 8:00pm
Thursday	12:00pm- 4:30pm
	7:15pm- 8:00pm
Friday	12:00pm- 7:00pm
Saturday	12:00pm- 4:00pm
Sunday	9:00am- 3:00pm
<b>Zero-Depth Entry</b>	
<b>Water Slide &amp; Water Features</b>	

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

LARGE POOL OPEN SWIM	
Days	Times
Monday	12:00pm- 4:30pm
	7:15pm- 8:30pm
Tuesday	12:00pm- 4:30pm
	7:15pm- 8:30pm
Wednesday	12:00pm- 4:30pm
	7:15pm- 8:30pm
Thursday	12:00pm- 4:30pm
	7:15pm- 8:30pm
Friday	12:00pm-7:30pm
Saturday	12:00pm- 4:30pm
Sunday	10:00am- 3:30pm