BETTENDORF FAMILY YMCA

POOL SCHEDULE

LAP SWIM		
Day	**Times**	**Lanes**
Monday	5:00am-6:30am	6 Lanes
	6:30am-12:00pm	3 Lanes
	11:00am-4:30pm	3-4 Lanes
	4:00pm-7:15pm	2 Lanes
	7:15pm-9:30pm	3-4 Lanes
Tuesday	5:00am-7:30am	6 Lanes
	7:30am-12:00pm	3 Lanes
	12:00pm-4:30pm	3-4 Lanes
	4:30pm-7:15pm	2 Lanes
	7:15pm-9:30pm	3-4 Lanes
Wednesday	5:00am-6:30am	6 Lanes
	6:30am-12:00pm	3 Lanes
	12:00pm-4:30pm	3-4 Lanes
	4:00pm-7:15pm	2 Lanes
	7:15pm-9:30pm	3-4 Lanes
Thursday	5:00am-7:30am	6 Lanes
	7:30am-12:00pm	3 Lanes
	12:00pm-4:30pm	3-4 Lanes
	4:30pm-7:15pm	2 Lanes
	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-12:00pm	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

11/16/2026 - 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 and Wednesday	
Preschool 1-4	4:30-5:15 PM
Schoolage 1-6	5:30-6:15 PM
Schoolage 1-6	6:30-7:15 PM
Tuesday and Thursday	
Preschool 1-4	4:30-5:15 PM
Schoolage 1-6	5:30-6:15 PM
Schoolage 1-6	6:30-7:15 PM
Saturdays	
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
Questions? Contact bet-aq@ymcaimv.org	

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
Zero-Depth Entry	
Water Slide & Water Features	

****Water Slide opporates 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