

QUINCY FAMILY YMCA POOL SCHEDULE Winter Session: February 25th-April 21st, 2018
www.quincymca.net

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00 - 7:15 am	5:00 - 8:15 am	5:00 - 7:15 am	5:00 - 8:15 am	5:00 - 7:15 am	Open at 7:00 am	
5:30	Lap Swimming (1 lane reserved for water walking)						
7:30	7:30 - 10:30 am Deep End Laps		7:30 - 10:30 am Deep End Laps		7:30 - 10:30 am Deep End Laps	7:00 - 9:00 am Swim Team & Lap Swim Only	
7:30	7:30 - 8:30 am Aqua Aerobics		7:30 - 8:30 am Aqua Aerobics		7:30 - 8:30 am Aqua Aerobics		
8:30	8:30 - 9:30 am HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am Volleyball	9:00 - 10:00 am Full Length Laps/ Private Swim Lessons	
9:30	9:30 - 10:30 am Stretch & Flex Class & Deep End Laps	9:30 - 10:30 am Aqua Jog	9:30 - 10:30 am Open Water Exercise & Deep End Laps	9:30 - 10:30 am Aqua Jog	9:30 - 10:30 am Open Water Exercise & Deep End Laps		
10:00	10:30 - 12:00 pm Open Swim/Full Length Laps & Transitions	10:30 - 12:00 pm Open Swim/Full Length Laps & Transitions	10:30 - 12:00 pm Open Swim & Full Length Laps	10:30 - 12:00 pm Open Swim/Full Length Laps & Early Childhood/Transitions	10:30 - 12:00 pm Open Swim & Full Length Laps	10:00 - 12:00 pm Youth and Adult Swim Lessons, No Open Swim	Open at 10 10 - 12 pm Open Swim and Full Length Laps
10:30	12:00 - 1:00 pm Lap Swimming (1 lane reserved for water walking)						
12:00						12-1:00 pm Lap Swim (1 lane for pt lessons/water walking)	12 - 1pm Lap Swim
1:00	1:00 - 1:30 pm Open Swim & Full Length Laps						
1:30	1:30 - 2:30 pm Senior Splash & Deep End Laps	1:00 - 4:00 pm Open Swim & Full Length Laps	1:30 - 2:30 pm Senior Splash & Deep End Laps	1:00 - 4:00 pm Open Swim & Full Length Laps	1:30 - 2:30 pm Senior Splash & Deep End Laps	1:00 - 5:00 pm Family Swim & Full Length Laps	1 - 5 pm Family Swim & Full Length Laps
2:30	2:30 - 4:00 pm Open Swim & Full Length Laps		2:30 - 3:30 pm Open Swim & Full Length Laps		2:30 - 5:45 pm Open Swim & Full Length Laps (After School Kids in Pool)		
4:00	4:00 - 6:00 pm Swim Team Practice (Wednesday is 3:30-5:30pm) (Private Swim Lessons)					Off-Site Class Illinois Veteran's Home Arthritis Class 9:30 - 10:30 am Mon. & Wed.	
6:00	6:00 - 7:00 pm Aqua Jog & Open Water Exercise	6:00 - 7:30 pm Youth Swim Lessons	6:00 - 7:00 pm Aqua Jog & Open Water Exercise	6:00 - 7:30 pm Youth Swim Lessons	6:00 - 9:00 pm Open Swim & Full Length Laps		
7:00	7:00 - 9:00 pm Open Swim & Full Length Laps	7:30 - 9:00 pm Open Swim & Full Length Laps	7:00 - 9:00 pm Open Swim & Full Length Laps	7:30 - 9:00 pm Open Swim & Full Length Laps			
7:30							
9:00	Closed	Closed	Closed	Closed	Closed		

SWIM TEAM - Swim Team will use up to 5 lanes of the pool in the afternoon. The 6th lane will be left open for Private Swim Lessons. If you are interested in lap swimming, ask coaches if you can join in.

Open Swim & Full Length Laps - One or two lap lanes open for lap swim, rest of pool open for water walking, family and open swim.

Youth Swim Lessons - Please note, there is *no open swim during swim lessons*.

Deep End Laps - Swimming in deep end only (during shallow water classes)