

QUINCY FAMILY YMCA POOL SCHEDULE

Main Pool Schedule

Schedule Begins
June 16, 2019 and is
subject to change.

Hours:

Mon.-Fri. 4:45am-9pm
Saturday: 7am-5pm
Sunday: 10am-5pm

Pool is kept at 86
degrees

Multiple activities are
often scheduled in this
pool at the same time

Lane space is limited
at times

Lap Swim Tips:

Please enter the pool
from the shallow end.
To avoid accidents,
when entering an
occupied lane, please
get the first swimmer's
acknowledgement that
you are there. Please
get kickboards, pool
buoys, etc. before
entering the pool.

Pool Closings:
June 18 Swim Meet
June 26 Swim Meet

Age Guidelines:

Children under the age
of 9 MUST be
accompanied by an
adult. All youth under
the age of 18 must pass
a swim test to swim in
the deep end of the pool.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45-6:45am Lap Swim (1 lane reserved for Water Walking)						
6:45-7:30am Lap Swim (1 lane reserved for water walking)						
7:30 - 8:30 am Deep End Laps/Aqua Aerobics		7:30 - 8:30 am Deep End Laps/Aqua Aerobics		7:30 - 8:30 am Deep End Laps/Aqua Aerobics	7:00 - 8:30am Full Length Laps 8-8:45a H2O Bootcamp	
8:30 - 9:30 am Deep End Laps HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am Deep End Laps HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am Deep End Laps Volleyball		8:45-10am Full Length Laps/ Private Lessons
9:30 - 12:00pm Full Length Laps, Open Water Exercise & Open Swim	9:30 - 10:30 am Aqua Jog	9:30 - 12pm Full Length Laps, Open Water Exercise & Open Swim	9:30 - 10:30 am Aqua Jog	9:30 - 12pm Full Length Laps, Open Water Exercise, Open Swim	10-12pm Swim Lessons	10 -12 pm Open Swim & Full Length Laps
	10:30 - 12:00pm Full Length Laps & Open Swim		10:30 - 12:00pm Full Length Laps & Open Swim			
12:00 - 1:00 pm Lap Swim (1 lane reserved for water walking and Private Swim Lessons)						
1:00 - 1:30 pm Full Length Laps & Open Swim						
1:30 - 2:30 pm Deep End Laps & Aqua: Top Shelf	1-4 pm Full Length Laps & Open Swim	1:30 - 2:30 pm Deep End Laps & Aqua Active	1-4 pm Full Length Laps & Open Swim	1:30 - 2:30 pm Deep End Laps & Aqua Active	1-5pm Open Swim & Full Length Laps	1 - 5 pm Open Swim & Full Length Laps
2:30 - 4:00 pm Full Length Laps & Open Swim (Summer Day Camp)		2:30 - 4:00 pm Full Length Laps & Open Swim (Summer Day Camp)		2:30-4:00 (Summer Day Camp)		
4:00 - 6:00 pm Swim Team Practice (Private Swim Lessons)						Off-Site Class Illinois Veteran's Home Arthritis Class 9:30 - 10:30 am Mon., Wed., & Fri.
6:00 - 7:00 pm Aqua Jog & Water Babies	6:00 - 7:30 pm Youth Swim Lessons	6:00 - 7:00 pm Aqua Jog	6:00 - 7:30 pm Youth Swim Lessons			
7:00 - 9:00 pm Full Length Laps & Open Swim	7:30 - 9:00 pm Full Length Laps & Open Swim	7:00 - 9:00 pm Full Length Laps & Open Swim	7:00-7:45p PB Core 7:30 - 9:00p Full Length Laps, Open Swim			
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 and Adult Lap Swim. If you are interested in lap swimming, ask coach where 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)

**DOWNLOAD THE
MOBILE APP TO
ACCESS OUR POOL
SCHEDULE**