

QUINCY FAMILY YMCA POOL SCHEDULE August 1st-31st 2020

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Main Pool Schedule

Schedule Begins:
Aug. 1 2020 and is
subject to change.

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 deep 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.

Age Guidelines:

Children under the age
of 14 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.

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|--|---|
| 5am- 8am Lap Swim (1 Lane Reserved for Water Walking) | | | | | Closed | Closed |
| 8am-9am Aqua Aerobics and Deep end Laps | 8am-9am Dicks Dolphins | 8am-9am Aqua Aerobics and Deep end Laps | 8am-9am Open Swim and Full Length Laps | 8am-9am Open Swim and Full Length Laps | 7:30am- 10:30am Open Swim and Full Length Laps | |
| 9am-11am Closed | 9am-11am Closed | 9am-11am Closed | 9am-11am Closed | 9am-11am Closed | | 10am-2pm Open Swim and Full Length Laps |
| 11am-1pm Open Swim and Full Length Laps | 11am-1pm Open Swim and Full Length Laps | 11am-1pm Open Swim and Full Length Laps | 11am-1pm Open Swim and Full Length Laps | 11am-1pm Open Swim and Full Length Laps | Closed | |
| 1pm-4pm Closed | | | | | | |
| 4pm-6pm Swim Team Practice ONLY | 4pm-6pm Closed | 4pm-6pm Swim Team Practice ONLY | 4pm-6pm Closed | 4pm-6pm Swim Team Practice ONLY | Closed | Closed |
| 6pm-7pm Aqua Jog and Shallow End | 6pm-7:15pm Group Swim Lessons Only | 6pm-7pm Aqua Jog and Shallow End | 6pm-7:15pm Group Swim Lessons Only | Closed | Members are encouraged to practice good hand hygiene and social distancing. Face coverings are not required in the pool area. | |
| Closed | Closed | Closed | Closed | | | |
| <p>SWIM TEAM - Swim Team will use up to 6 lanes of the pool in the afternoon. At this time, the pool will be designated for private swim team practice with no lap lanes available</p> <p>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.</p> | | | | | | |