

QUINCY FAMILY YMCA POOL SCHEDULE July 13th-31st 2020

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Main Pool Schedule</p> <p>Schedule Begins: July 13th 2020 and is subject to change.</p> <p>Multiple activities are often scheduled in this pool at the same time.</p> <p>Lane space is limited at times.</p> <p>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.</p> <p>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.</p> <p>DOWNLOAD THE MOBILE APP TO ACCESS OUR POOL SCHEDULE</p>	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	7am-10am Open Swim and Full Length Laps	10am-2pm Open Swim and Full Length Laps
	9am-11am Closed	9am-11am Closed	9am-11am Closed	9am-11am Closed	9am-11am Closed		
	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>						