

QUINCY FAMILY YMCA POOL SCHEDULE October 2020

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Schedule Begins:
10/12/20 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	8:30am-9:30am Dicks Dolphins	8am-9am Aqua Aerobics and Deep end Laps	8:30am-9:30am Dicks Dolphins	8am-12pm Open Swim and Full Length Laps	7-8am Lap Swim Only	
9am-9:45 Open Swim	9:30am-10:30am Aqua Jog	9am-9:45 Open Swim	9:30am-10:30am Aqua Jog		8:00am-1:30pm Open Swim and Full Length Laps	
9:45am-10:30am Swim Lessons	10:30am-12pm Open Swim	9:45am-10:30am Swim Lessons	10:30am-12pm Open Swim			
10:30am-12pm Open Swim & Full Length Laps	12-1 Lap Swim Only					
1pm-3pm Open Swim and Full Length Laps	1pm-3pm Open Swim and Full Length Laps	1pm-3pm Open Swim and Full Length Laps	1pm-3pm Open Swim and Full Length Laps		1pm-3pm Open Swim and Full Length Laps	Closed
3pm-4pm Closed						
4pm-6pm Swim Team Practice ONLY	4pm-6pm Swim Team Practice ONLY	4pm-6pm Swim Team Practice ONLY	4pm-6pm Swim Team Practice ONLY	4pm-5pm Open Swim (After School kids)		
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	5pm-8pm Open Swim and Full Length Laps		
7pm-8pm Open Swim and Full Length Laps	7:15pm-8:00pm Open Swim	7pm-8pm Open Swim and Full Length Laps	7:15pm-8:00pm Open Swim			
<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>					<p>Members are encouraged to practice good hand hygiene and social distancing. Face coverings are not required in the pool area.</p>	