

QUINCY FAMILY YMCA POOL SCHEDULE October 2020

Cole Nelson Program Director: colen@quincymca.net

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
					7-8am Lap Swim Only	
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 Aqua Jog	8am-12pm Open Swim and Full Length Laps	8:00am- 1:30am Open Swim and Full Lenth Laps	10am-2pm Open Swim and Full Length Laps
9am-9:45 Open Swim		9am-9:45 Open Swim				
9:45am- 10:30am Swim Lessons	9:45am-10:30am Swim Lessons					
10:30am-12pm Open Swim & Full Length Laps	10:30am-12pm Open Swim					
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	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	Members are encouraged to practice good hand hygiene and social distancing. Face coverings are not required in the pool area.	
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>						