

# QUINCY FAMILY YMCA POOL SCHEDULE November 2020

Cole Nelson Program Director: colen@quincymca.net

**Schedule Begins:**  
11/1/20 and is subject to change.

**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- 7:30am Lap Swim (1 Lane Reserved for Water Walking)					Closed	Closed
7:30-8:30am lap swim	7:30-8:30 Lap Swim	7:30-8:30am lap swim	7:30-8:30 Lap Swim	8am-12pm Open exercise and Full Length Laps	7-8am Lap Swim Only	
8:30-9:30am open exercise	8:30am- 9:30am open exercise	8:30-9:30am open exercise	8:30am- 9:30am Open exercise		9:30am- 1030am Aqua Jog	8AM- 1:30PM Open exercise and Full Length Laps
9:30am-12pm Open Swim & Full Length Laps	9:30am- 1030am Aqua Jog	9:30am-12pm Open Swim & Full Length Laps	9:30am- 1030am Aqua Jog	1030am-12pm Open Swim		
12-1 Lap Swim Only					Closed	Closed
1pm-3pm Open exercise and Full Length Laps	1pm-3pm Open exercise and Full Length Laps	1pm-3pm Open exercise and Full Length Laps	1pm-3pm Open exercise and Full Length Laps	1pm-3pm Open exercise and Full Length Laps		
3pm-4pm Closed					Closed	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 exercise (After School kids)		
6pm-7pm open exercise and Shallow End	6pm-7:15pm Group Swim Lessons Only	6pm-7pm open exercise and Shallow End	6pm-7:15pm Group Swim Lessons Only	5pm-8pm Open exercise 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 exercise and Full Length Laps	7:15pm- 8:00pm Open exercise	7pm-8pm Open exercise and Full Length Laps	7:15pm- 8:00pm Open exercise			
<p><b>SWIM TEAM - Swim Team</b> 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><b>Open Swim &amp; Full Length Laps</b> - One or two lap lanes open for lap swim, rest of pool open for water walking, family and open swim.</p>						