

QUINCY FAMILY YMCA POOL SCHEDULE March 2021

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Schedule Begins:
1/1/21 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 Deep end laps/Aqua Aerobic	7:30-8:30 Lap Swim	7:30-8:30am Deep end laps/Aqua Aerobics	7:30-8:30 Lap Swim	7:30-8:30am Deep end laps/Aqua Aerobics	7-8am Lap Swim Only	
8:30-9:30am Deep End Laps HydroTone	8:30-9:30am Dick's Dolphins	8:30-9:30am Deep End Laps HydroTone	8:30-9:30am Dick's Dolphins	8:30am-12pm Open exercise and Full Length Laps	8:00-10am Open exercise and Full Length Laps	10AM-130PM Open exercise Full Length Laps
9:30am-12pm Open Swim & Full Length Laps	9:30-1030am Aqua Jog	9:30am-12pm Open Swim & Full Length Laps	9:30-1030am Aqua Jog		10am-12 Swim Lessons	
12-1 Lap Swim Only					12-130pm Open Swim	
1:30-2:30pm Aqua Active	1pm-3pm Open exercise and Full Length Laps	1:30-2:30pm Aqua Active	1pm-3pm Open exercise and Full Length Laps	1:30-2:30pm Aqua Active	130-430pm Open Swim	
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 Aqua Jog	6pm-7:15pm Group Swim Lessons Only	6pm-7pm Aqua Jog	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			
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 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.						