



QUINCY FAMILY YMCA POOL SCHEDULE April 19th-May 31, 2021

Schedule Begins:
4/28/21 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.

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 HydroTone Deep End Laps	8:30-9:30am Dick's Dolphins	8:30-9:30am HydroTone Deep End Laps	8:30-9:30am Dick's Dolphins	8:30-9:30am Volleyball Deep End Laps	8:00-10am Open Exercise & Full Length Laps	10am-130pm Open Swim & Full Length Laps
9:30am-12pm Open Swim & Full Length Laps	9:30-1030am Aqua Jog 1030am-12pm Open Swim	9:30am-12pm Open Swim & Full Length Laps	9:30-1030am Aqua Jog 1030am-12pm Open Swim	9:30am-12pm Open Swim & Full Length Laps	10am-4:30pm Open Swim & Full Length Laps	
12-1 Lap Swim Only						
1:30-2:30pm Aqua Active & Open Swim	1pm-3pm Open Exercise & Full Length Laps	1:30-2:30pm Aqua Active & Open Swim	1pm-3pm Open Exercise & Full Length Laps	1:30-2:30pm Aqua Active & Open Swim	Closed	Closed
3pm-4pm Closed						
4pm-6pm Swim Team & Lap Swim	4pm-6pm Swim Team & Lap Swim	4pm-6pm Swim Team & Lap Swim	4pm-6pm Swim Team & Lap Swim	3pm-5pm Open Swim		
6pm-7pm Aqua Jog	6pm-7:15pm Open Swim	6pm-7pm Aqua Jog	6pm-7:15pm Open Swim	5pm-8pm Open Swim & 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 & Full Length Laps	7:15pm-8:00pm Open Swim	7pm-8pm Open Swim & Full Length Laps	7:15pm-8:00pm Open Swim			
<p>SWIM TEAM - Swim Team will use lap lanes but general members are encouraged to come in and swim laps too.</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>						