



## QUINCY FAMILY YMCA POOL SCHEDULE June 1 - July 31, 2021

**Schedule Begins:**  
06/01/21 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/ <b>Aqua Aerobic</b>	7:30-8:30 Lap Swim	7:30-8:30am Deep end laps/ <b>Aqua Aerobics</b>	7:30-8:30 Lap Swim	7:30-8:30am Deep end laps/ <b>Aqua Aerobics</b>	7-8am Lap Swim Only	
8:30-9:30am <b>HydroTone</b> Deep End Laps	8:30-9:30am <b>Dick's Dolphins</b>	8:30-9:30am <b>HydroTone</b> Deep End Laps	8:30-9:30am <b>Dick's Dolphins</b>	8:30-9:30am <b>Volleyball</b> 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 <b>Aqua Jog</b> 1030am- 12pm Open Swim	9:30am-12pm Open Swim & Full Length Laps	9:30-1030am <b>Aqua Jog</b> 1030am- 12pm Open Swim	9:30am-12pm Open Swim & Full Length Laps		
12-1 Lap Swim Only					10am-4:30pm Open Swim & Full Length Laps	
1:30-2:30pm <b>Aqua Active</b> & Open Swim	1pm-3pm Open Exercise & Full Length Laps	1:30-2:30pm <b>Aqua Active</b> & Open Swim	1pm-3pm Open Exercise & Full Length Laps	1:30-2:30pm <b>Aqua Active</b> & Open Swim		
3pm-5pm Open Swim	3pm-5pm Open Swim	3pm-5pm Open Swim	3pm-5pm Open Swim	3pm-5pm Open Swim	Closed	Closed
5pm-6pm Open Swim & Lap Swim	5pm-8pm Open Swim & Lap Swim	5pm-6pm Open Swim & Lap Swim	5pm-8pm Open Swim & Lap Swim	5pm-8pm Open Swim & Lap Swim		
6pm-7pm <b>Aqua Jog</b>		6pm-7pm <b>Aqua Jog</b>				
7pm-8pm Open Swim & Full Length Laps		7pm-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.	
<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.						