



QUINCY FAMILY YMCA POOL SCHEDULE September 27 - October 31, 2021

Schedule Begins:
09/10/21 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	
12-1:30pm Lap Swim & Homeschool Swim	12-1:30pm Lap Swim Only		12-1:30pm Lap Swim & Homeschool Swim	12-1:30pm Lap Swim		
1:30-2:30pm Aqua Active, Homeschool Swim & Open Swim	1pm-3pm Open Exercise & Full Length Laps	1:30-2:30pm Aqua Active & Open Swim	1pm-3pm Homeschool Swim, Open Exercise & Full Length Laps	1:30-2:30pm Aqua Active & 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-6:30pm Swim Lessons & Deep End Laps	5pm-6pm Open Swim & Lap Swim	5pm-6:30pm Swim Lessons & Deep End Laps	5pm-8pm Open Swim & Lap Swim		
6pm-7pm Aqua Jog	6:30-8pm Open Swim & Lap Swim	6pm-7pm Aqua Jog	6:30-8pm Open Swim & Lap Swim			
7pm-8pm Open Swim & Full Length Laps		7pm-8pm Open Swim & Full Length Laps				
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. Homeschool Swim - NEW program starting September 13th. Monday and Thursday 12-2pm we will provide swimming opportunity to local homeschool families.					Members are encouraged to practice good hand hygiene and social distancing. Face coverings are not required in the pool area.	