



QUINCY FAMILY YMCA POOL SCHEDULE October 1 - 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	
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	8-9am Open Exercise & Full Length	
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	9-9:30am Swim Lessons, Open Exercise, & Full Length Laps	10am-130pm Open Swim & Full Length Laps
12-1:30pm Lap Swim & Homeschool Swim	12-1:30pm Lap Swim		12-1:30pm Lap Swim & Homeschool Swim	12-1:30pm Lap Swim	9:30am- 4:30pm Open Swim & Full Length Laps	
1:30-3:00pm Aqua Active, Open Swim	1:30pm-3pm Open Exercise & Full Length Laps	1:30-3:00pm Aqua Active & Open Swim	1:30pm-3pm Open Exercise & Full Length Laps	1:30-3:00pm 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
5pm-6pm Open Swim & Lap Swim	5pm-6:00pm Swim Lessons in Shallow & Open Exercise Deep End	5pm-6pm Open Swim & Lap Swim	5pm-6:00pm Swim Lessons in Shallow & Open Exercise Deep End	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		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 started in September -- Monday and Thursdays 12:30-1:30pm.					Members are encouraged to practice good hand hygiene and social distancing. Face coverings are not required in the pool area.	