



POOL SCHEDULE - February 2022

QUINCY FAMILY YMCA

Schedule Is Subject to Change

Thank you for your flexibility as we try to make the pool available to as many swimmers as possible throughout the day

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
5:00am- 7:30am Lap Swim (1 Lane Reserved for Water Walking)					Closed	Closed
7:30-8:30a Deep end laps/ Aqua Aerobic	7:30a-8:30a Lap Swim	7:30-8:30a Deep end laps/ Aqua Aerobics	7:30-8:30a Lap Swim	7:30-8:30a Deep end laps/ Aqua Aerobics	7:00-9:00a Lap Swim Open Exercise Open Swim	
8:30-9:30a HydroTone Deep End Laps	8:30-9:30a Dick's Dolphins	8:30-9:30a HydroTone Deep End Laps	8:30-9:30a Dick's Dolphins	8:30a-9:30a Volleyball Deep End Laps		
9:30a-12p Open Swim & Full Length Laps	9:30-1030a Aqua Jog	9:30am-12pm Open Swim & Full Length Laps	9:30-1030am Aqua Jog	9:30a-10:45a Open Swim & Full Length Laps	9-9:45a Aqua Boot-Camp	9:30-10a Swim Lessons
	1030a-12p Open Swim		1030a-12p Open Swim	10:45a-11:45a QPS Swim & Full Length Laps		
12-1:30p Lap Swim & Homeschool Swim	12-1:30p Lap Swim & Open Exercise		12-1:30p Lap Swim & Homeschool Swim	12-1:30p Lap Swim & Open Exercise	7:00a-4:00p Lap Swim Open Exercise Open Swim	
1:30-3:00p Aqua Active Lap Swim & Open Swim	1:30-5:00p Lap Swim & Open Swim	1:30-3:00p Aqua Active Lap Swim & Open Swim	1:30-3:00p Lap Swim & Open Swim	1:30-3:00p Aqua Active Lap Swim & Open Swim		
3pm-5pm Lap Swim & Open Swim		3pm-5pm Lap Swim & Open Swim		3pm-5pm Lap Swim & Open Swim		
5:00p-5:30p Swim Lessons	5:00p-5:30p Swim Lessons	5:00p-5:30p Swim Lessons	5:00p-5:30p Swim Lessons	5:00p-8:00p Open Swim & Lap Swim	10:00a-5:00p Lap Swim Open Exercise Open Swim	
5:30p-6:00p Open Swim	5:30-8:00p Open Swim & Lap Swim	5:30p-6:00p Open Swim	5:30-8:00p Open Swim & Lap Swim			
6:00p-7:00p Aqua Jog <i>in deep end</i>		6:00p-7:00p Aqua Jog <i>in deep end</i>				
7:00p-7:45p Aqua Bootcamp		7:00p-7:45p Aqua Bootcamp				
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 -- Monday and Thursdays 12:00-1:30pm.					Closed	
					Members are encouraged to practice good hand hygiene and social distancing. Face coverings are not required in the pool area.	