



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