



# POOL SCHEDULE - June 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/ <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>	7:00-5:00 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>	8:30a-9:30a <b>Volleyball</b> Deep End Laps		
9:30a-12p Open Swim & Full Length Laps	9:30-1030a <b>Aqua Jog</b>	9:30am-12pm Open Swim & Full Length Laps	9:30-1030am <b>Aqua Jog</b>	9:30a-12P Open Swim & Full Length Laps		
	1030a-12p Open Swim		1030a-12p Open Swim			
12-1:30p Lap Swim/ Open Exercise	12-1:30p Lap Swim & Open Exercise		12-1:30p Lap Swim/ Open Exercise	12-1:30p Lap Swim & Open Exercise		
1:30-3:00p <b>Aqua Active</b> Lap Swim & Open Swim	1:30-4:00p Lap Swim & Open Swim <b>4:00-5:00</b> <b>Summer Camp Swim</b> 5:00-8:00 Lap Swim /Open Swim	1:30-3:00p <b>Aqua Active</b> Lap Swim & Open Swim	1:30-4:00p Lap Swim & Open Swim <b>4:00-5:00</b> <b>Summer Camp Swim</b> 5:00-8:00 Lap Swim /Open Swim	1:30-3:00p <b>Aqua Active</b> Lap Swim & Open Swim		
3pm-4pm Lap Swim & Open Swim <b>4:00-5:00</b> <b>Summer Camp Swim</b>		3pm-4pm Lap Swim & Open Swim <b>4:00-5:00</b> <b>Summer Camp Swim</b>		3pm-5pm Lap Swim & Open Swim		
5:00-6:00 Open Swim		5:00-6:00 Open Swim		5:00-6:00 Open Swim		
6:00p-7:00p <b>Aqua Jog</b>		6:00p-7:00p <b>Aqua Jog</b>		5:00p-8:00p Open Swim & Lap Swim		
7:00p-8:00pm Open Swim & Lap Swim		7:00p-8:00pm 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.					Closed	Closed
					Members are asked to shower before entering the pool and wear proper swim attire. Please put away any equipment that is used.	