

# THERAPY POOL

## Therapy Open Swim

**Mon - Fri**

7:00am - 8:00am

**Mon, Wed & Fri**

12:00pm - 1:00pm

**Tues & Thurs**

2:00pm - 3:00pm

**Sat & Sun**

12:00pm - 1:00pm

## Aqua Fitness

**Mon - Fri**

8:00am - 9:00am

## Water Aerobics I

**Mon - Fri**

11:15am - 12:00pm

## Water Aerobics II

**Mon - Thurs**

6:30pm - 7:30pm

## Family Open Swim

**Thurs**

5:30pm - 6:30pm

**Fri**

6:00-7:30pm

**Sat & Sun**

2:00pm - 3:30pm

## Preschool Open Swim

**Mon - Thurs**

10:00am - 11:00am

## Club Open Swim

**Mon, Wed & Fri**

3:15pm - 4:00pm

## Swim Lessons

*See the Welcome Center*

**Ages 6 months +**

Variety of days and times available

## Parties/Rentals

See the Welcome Center for details.

## Open Swim Info

**Therapy Open Swim** is for people of all ages who have *therapeutic needs*. (Ex. Fibromyalgia, arthritis, debilitating diseases, recent surgeries, etc.) Not for play time.

*Lifeguard on duty / Non-Instructional*

**Aqua Fitness / Water Aerobics** is typically for adults 18+. Aquatic fitness classes where participants are expected to follow along with instruction as physically allowed.

Aqua Fitness - low impact

Water Aerobics I - middle intensity

Water Aerobics II - high intensity

*Lifeguard on duty / Aerobics Instructor*

**Family Open Swim** is for **all ages** and is a family-friendly time for all to swim and play. Child's membership provides free admission to two adults. *Lifeguard on duty / Non-Instructional*

**Preschool Open Swim** is for all infants and children **up to age 5**. It is a family-friendly time for little ones to swim and play with a parent/guardian. Preschool membership/admission fee provides free admission to two adults. *Lifeguard on duty / Non-Instructional*

**Club Open Swim** is for **Members Only, ages 6-14**. It is a youth-friendly time to swim and play. *Lifeguard on duty / Non-Instructional*

## Quick Facts

- Temperature approx. 91-93°
- Depth 0-5.5 feet
- Ramp and stairs available

## Non-Member Admission for AYCC Pools:

Birth-Age 17	\$4.00
Adults 18-54	\$8.00
Seniors 55+	\$5.00

**Alfond Youth & Community Center**  
**2019 FALL Aquatic Schedule**  
**August 18 - October 27**



# LAP POOL

## Adult Lap Swim

### Mon-Fri

5:30am - 8:30am

### Mon-Fri

11:00am - 12:30pm

### Sat

7:00am - 9:00am

### Sat & Sun

11:00am-12:30pm

## Water Aerobics

*2-3 lanes available*

### Mon-Fri

7:30am - 8:30am

## Mid Maine Dolphins Swim Team

Tryouts Begin Sept 16!

Mon-Fri - 4:00-7:00pm

Season runs Sept 27-Mar 3

HS Pre-Season runs

Sept 30-Nov 8

Online at:

[Teamunify.com](http://Teamunify.com)

[Facebook.com/  
midmainedolphins](https://www.facebook.com/midmainedolphins)



## Quick Facts

- 6 lanes
- Temperature approx. 81-83°
- 25 yard competition pool
- Depth 4-9 feet
- Stairs available
- Diving blocks for competition



**Boys & Girls Clubs and YMCA of Greater Waterville**  
**at the Alfond Youth & Community Center**

126 North Street, Waterville, Maine 04901

P: 207-873-0684 [clubaycc.org](http://clubaycc.org) [facebook.com/clubaycc](https://www.facebook.com/clubaycc) [twitter.com/clubaycc](https://twitter.com/clubaycc)

## Open Swim Info

**Adult Lap Swim** is typically for ages 18+. We do allow youth & teens who swim competitively to attend. Must swim laps. Not for play time.

*Lifeguard on duty*

*Non-Instructional*

**Water Aerobics** is typically for adults 18+. Aquatic fitness classes where participants are expected to follow along with instruction as physically allowed.

Water Aerobics - middle intensity

*Lifeguard on duty*

*Aerobics Instructor*

## Therapy & Lap Pool Rules

- Adults must be in the water with children under the age of six (1 adult per 5 children)
- Adults must supervise children ages 6-17
- Hair must be tied up if wetted hair reaches shoulders
- Showers are required before entering the pools

## Swim Lessons Available

*See the Welcome Center*

### Ages 6 months +

Variety of days and times available

## Parties/Rentals Available

See Welcome Center for details.

## American Red Cross Certifications

*See Aquatics Department*

### CPR, First Aid, Lifeguard, Water Safety Inst., Lifeguard Inst.

Offered at various times through the year