

# AYCC OPEN POOL SCHEDULE

Effective October 1, 2020 \***SCHEDULE SUBJECT TO CHANGE**



## LAP POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAP SWIM 5:00-9:00am	LAP SWIM 5:00-9:00am	LAP SWIM 5:00-9:00am	LAP SWIM 5:00-9:00am	LAP SWIM 5:00-9:00am	
LAP SWIM 8:00-11:00am	AEROBICS II 9:00-10:00am	AEROBICS II 9:00-10:00am	AEROBICS II 9:00-10:00am	AEROBICS II 9:00-10:00am	AEROBICS II 9:00-10:00am	LAP SWIM 8:00-11:00am
	LAP SWIM 11:00-1:00pm	LAP SWIM 11:00-1:00pm	LAP SWIM 11:00-1:00pm	LAP SWIM 11:00-1:00pm	LAP SWIM 11:00-1:00pm	
	DOLPHINS 3:00-8:30pm	DOLPHINS 3:00-8:30pm	DOLPHINS 3:00-8:30pm	DOLPHINS 3:00-8:30pm	DOLPHINS 3:00-8:30pm	

## THERAPY POOL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AQUA FITNESS 8:00-8:45am	AQUA FITNESS 8:00-8:45am	AQUA FITNESS 8:00-8:45am	AQUA FITNESS 8:00-8:45am	AQUA FITNESS 8:00-8:45am	
	THERAPY SWIM 9:00-9:50am	THERAPY SWIM 9:00-9:50am	THERAPY SWIM 9:00-9:50am	THERAPY SWIM 9:00-9:50am	THERAPY SWIM 9:00-9:50am	
	SWIM LESSONS 10:15-10:45am	SWIM LESSONS 10:15-10:45am	SWIM LESSONS 10:15-10:45am			
	AEROBICS I 11:15am-12:00pm	AEROBICS I 11:15am-12:00pm	AEROBICS I 11:15am-12:00pm	AEROBICS I 11:15am-12:00pm	AEROBICS I 11:15am-12:00pm	
THERAPY SWIM 11:00-12:00pm	THERAPY SWIM 12:00-12:50 pm	THERAPY SWIM 12:00-12:50 pm	THERAPY SWIM 12:00-12:50 pm	THERAPY SWIM 12:00-12:50 pm	THERAPY SWIM 12:00-12:50 pm	THERAPY SWIM 11:00-12:00pm
		THERAPY SWIM 1:00-1:50pm	RENTAL 1:00-2:00pm	THERAPY SWIM 1:00-1:50pm	RENTAL 1:00-2:00pm	
	LESSONS 5:30-7:00pm	LESSONS 5:30-7:00pm	LESSONS 5:30-7:00pm	LESSONS 5:30-7:00pm	LESSONS 5:30-7:00pm	
		AEROBICS II 7:15-8:00pm		AEROBICS II 7:15-8:00pm		

# AYCC POOL INFO



## 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

## Lap Pool 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. Slots limited to **50 minute time sessions**. *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. *Lifeguard on duty / Aerobics Instructor*

Water Aerobics II - High intensity

\* 12 spots available for this class, call ahead to reserve your spot!

## Therapy Pool Info

**Therapy Swim** is for people of all ages, individuals are limited to their own lane during this time. Same House-hold members may share a lane. Slots limited to **50 minute time sessions**. This time is more for *therapeutic needs*. (Ex. Fibromyalgia, arthritis, debilitating diseases, recent surgeries, etc.) *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. *Lifeguard on duty / Aerobics Instructor*

Aqua Fitness - low impact

Water Aerobics I - middle intensity

Water Aerobics II - high intensity

\* Therapy Pool Aerobics have 8 slots available per class. Please call ahead to reserve your spot.

### Lap Pool Quick Facts

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

### Therapy Pool Quick Facts

- Temperature approx. 91-93°
- Depth 0-5.5 feet
- Ramp and stairs available
- Excellent for therapeutic swimming

### GUEST RATES

- Youth \$4.00/day
- Adult (ages 18-54) \$8.00/day
- Senior (ages 55+) \$5.00/day

### Upcoming Lifeguarding Courses

**Lifeguarding Class Fee:** \$250.00

**Waterfront lifeguarding Class Fee:** \$300.00

#### **Class Dates:**

**Class 1:** Nov 15 - 11am-12pm, Nov 20 - 5-9pm, Nov 21 & 22 8am-4:30pm

**Class 2:** Jan 10 - 11am-12pm, Jan 15 - 5-9pm, Jan 16 & 17 - 8am-4:30pm

Please call Aquatics Director, Tate Warden or email [twarden@clubaycc.org](mailto:twarden@clubaycc.org) for more information