

AYCC OPEN POOL SCHEDULE

Effective November 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 9:00-10:00 AM	AEROBICS II 9:00-10:00 AM	AEROBICS II 9:00-10:00 AM	AEROBICS II 9:00-10:00 AM	AEROBICS II 9:00-10:00 AM	LAP SWIM 8:00-11:00AM
	LAP SWIM 11:00AM-1:00PM	LAP SWIM 11:00AM-1:00PM	LAP SWIM 11:00AM-1:00PM	LAP SWIM 11:00AM-1:00PM	LAP SWIM 11:00AM-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 11:00AM-12:00PM	Therapy Swim 12:00-12:50PM	Therapy Swim 12:00-12:50PM	Therapy Swim 12:00-12:50PM	Therapy Swim 12:00-12:50PM	Therapy Swim 12:00-12:50PM	THERAPY SWIM 11:00-12:00PM
Household Swim 12:00-12:45PM		Therapy Swim 1:00-1:50PM	RENTAL 1:00-2:00PM	Therapy Swim 1:00-1:50PM	Rental 1:00-2:00PM	Household Swim 12:00-12:45PM
Household Swim 1:00-1:45PM	Household Swim 3:00-3:45PM	Household Swim 3:00-3:45PM	Household Swim 3:00-3:45PM	Household Swim 3:00-3:45PM	Household Swim 3:00-3:45PM	Household Swim 1:00-1:45PM
	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		

Register for your lane 24 hours in advance by calling 207-873-0684.

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.) Not for play time. *Lifeguard on duty / Non-Instructional*

- Therapy Swim has 8 lanes available per time slot. Please call ahead to reserve your spot.

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.

Household Swim is for families that live in the same household to utilize the Therapy Pool together in a safe environment. Households are limited to **5 individuals** and to their own section with a 6 foot buffer zone between swim sections. Slots limited to **45 minute time sessions**. This time is a family-friendly time for all to swim and play within their reserved section. *Lifeguard on duty / Non-Instructional*

- 4 sections available for reservation - 2 shallow end – 1 mid pool – 1 deep end

SLOTS ARE AVAILABLE FOR RESERVATION 24 HOURS IN ADVANCE

**** Please show up no more than 10 minutes before your reservation**

Lap Pool Quick Facts

- Temperature approx. 81-83°
- Depth 4-9 feet
- 25 yard competition pool

Therapy Pool Quick Facts

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

GUEST RATES

Youth \$4.00/day
Adult (ages 18-54) \$8.00/day