

AYCC OPEN POOL SCHEDULE

Effective August 29, 2021 ****SCHEDULE SUBJECT TO CHANGE***



Therapy Pool Schedule										
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
7:00 AM		Therapy Open 7:00-8:00 am	Therapy Open 7:00-8:00 am	Therapy Open 7:00-8:00 am	Therapy Open 7:00-8:00 am	Therapy Open 7:00-8:00 am				
7:30 AM										
8:00 AM		Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am				
8:30 AM										
9:00 AM		Swim Lessons 9:00-10:00am	Swim Lessons 9:00-10:00am	Swim Lessons 9:00-10:00am						
9:30 AM	Therapy Open 9:00-10:00am						Therapy Open 9:00-10:00am			
10:00 AM		Family Swim 10:00-11:00am	Family Swim 10:00-11:00am	Family Swim 10:00-11:00am	Family Swim 10:00-11:00am					
10:30 AM	Family Swim 10:00-11:00am						Family Swim 10:00-11:00am			
11:00 AM		Water Aerobics I 11:15am-12:00pm		Water Aerobics I 11:15am-12:00pm		Water Aerobics I 11:15am-12:00pm				
11:30 AM										
12:00 PM		Therapy Open 12:00-1:00pm		Therapy Open 12:00-1:00pm		Therapy Open 12:00-1:00pm				
12:30 PM										
1:00 PM			Therapy Open 1:00-2:00pm		Therapy Open 1:00-2:00pm					
1:30 PM										
2:00 PM				Swim Lessons 2-3pm						
2:30 PM										
3:00 PM		AYCC Childcare Swim Time		AYCC Childcare Swim Time		AYCC Childcare Swim Time				
3:30 PM										
4:00 PM										
4:30 PM		Swim Lessons 4:30-7pm	Swim Lessons 4:30-6:15pm	Swim Lessons 4:30-7:00pm	Swim Lessons 4:30-6:15pm	Swim Lessons 4:30-7pm				
5:00 PM										
5:30 PM										
6:00 PM			Water Aerobics I 6:30-7:30pm		Water Aerobics I 6:30-7:30pm					
6:30 PM										
7:00 PM										
7:30 PM										

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. This time is more for *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. *Lifeguard on duty / Aerobics Instructor*

Aqua Fitness - low impact Water Aerobics I - middle intensity Water Aerobics II - high intensity

Family Open Swim is for all ages and is a family-friendly time for all to swim and play.

Swim Lessons schedule can be found at www.clubaycc.org/youth-swim-lessons

The AYCC offers swim lessons to children ages 6 months and up.

Fall I Group Swim Lesson Sessions: Once per week for 7 weeks • Sept 5 - Oct 23, 2021

Private Lessons are also available. Contact, Aquatics Director, Lauren Dwyer FMI - 207-873-0684 ldwyer@clubaycc.org

AYCC OPEN POOL SCHEDULE

Fall 2021 - Schedule begins August 29, 2021



	Lap Pool Schedule							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 AM		Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am		
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM	Lap Swim 8:00-9:00am	Water Aerobics (3 lanes available) 8:15-9:15am		Water Aerobics (3 lanes available) 8:15-9:15am	Water Aerobics (3 lanes available) 8:15-9:15am	Water Aerobics (3 lanes available) 8:15-9:15am	Lap Swim 7:00-9:00am	
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM		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		
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM		MMD Practice	MMD Practice	MMD Practice	MMD Practice	MMD Practice		
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								

Lap Pool Info

Adult Lap Swim is typically for ages 18+. We do allow youth and 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. *Lifeguard on duty / Aerobics Instructor* Water Aerobics II - High intensity

GUEST RATES

Youth \$4.00/day
Adult (ages 18-54) \$8.00/day
Senior (ages 55+) \$5.00/day
Rates are PER PERSON.

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