

AYCC OPEN POOL SCHEDULE

Effective September 21st , 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 11:00-1:00pm	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 9:00-9:45am	Therapy Swim 9:00-9:45am	Therapy Swim 9:00-9:45am	Therapy Swim 9:00-9:45am	Therapy Swim 9:00-9:45am	
	Swim Lessons 10:15-10:45	Swim Lessons 10:15-10:45	Swim Lessons 10:15-10:45			
	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	Aerobics I 12:15-1:00pm	Aerobics I 12:15-1:00pm	Aerobics I 12:15-1:00pm	Aerobics I 12:15-1:00pm	Aerobics I 12:15-1:00pm	THERAPY SWIM 11:00-12:00pm
	Therapy Swim 1:00-1:45 PM	Therapy Swim 1:00-1:45 PM	RENTAL 1:00-2:00 PM	Therapy Swim 1:00-1:45 PM	Rental 1:00-2:00 PM	
	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. *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 - middle 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. 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.

SLOTS ARE AVAILABLE FOR RESERVATION 24 HOURS IN ADVANCE

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

The AYCC offers swim Lessons for children and adults as well as American Red Cross Certifications (Lifeguard, Basic Water Safety, First Aid and CPR).
Give us a call at 207-873-0684 for details.

Alfond Youth & Community Center Waterville, Maine 207-873-0684 clubaycc.org