Alfond Youth & Community Center
2019 FALL Aquatic Schedule
August 26 - November 18

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

Non-Member Admission for AYC Pools:

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

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

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 facebook.com/clubaycc twitter.com/clubaycc

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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
Facebook.com/
midmainedolphins

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

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

Quick Facts

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

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

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