

AYCC POOL SCHEDULE

BELONG BELIEVE ACHIEVE



ALFOND YOUTH & COMMUNITY CENTER



Schedule effective September 3, 2024. Subject to change.

Therapy Pool Schedule								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00		Therapy Swim 7:00-8:00 am	Therapy Swim 7:00-8:00 am	Therapy Swim 7:00-8:00 am	Therapy Swim 7:00-8:00 am	Therapy Swim 7:00-8:00 am		
7:30								
8:00		Aqua Fitness 8:00-9:00 am	Aqua Fitness 8:00-9:00 am	Aqua Fitness 8:00-9:00 am	Aqua Fitness 8:00-9:00 am	Aqua Fitness 8:00-9:00 am	Therapy Swim 8:00-9:00 am	
8:30								
9:00	Therapy Swim 9:00-10:30 am	Swim Lessons 9:00-10:00 am	Swim Lessons 9:00-10:00 am	Swim Lessons 9:00-10:00 am	AYCC Preschool Program Swim 9:00-10:00 am	School Rental 9:00-10:00 am	Swim Lessons 9:00-11:30 am	
9:30								
10:00		Family Swim 10:00-11:00 am	Family Swim 10:00-11:45 am	Family Swim 10:00-11:00 am	Family Swim 10:00-11:45 am	School Rental 10:00-11:00 am		
10:30								
11:00	Family Swim 10:45 am-12:45 pm	Water Aerobics I 11:15am-12:00 pm		Water Aerobics I 11:15am-12:00 pm		Water Aerobics I 11:15am-12:00 pm	Family Swim 11:45 am-12:45 pm	
11:30								
12:00		Therapy Swim 12:00-1:00 pm	Therapy Swim 12:00-1:30 pm	Therapy Swim 12:00-1:00 pm	Therapy Swim 12:00-1:30 pm	Therapy Swim 12:00-1:00 pm		
12:30								
1:00	Rental 1:00-2:00 pm	Family Swim 1:15-2:15 pm					Rental 1:00-2:00 pm	
1:30								
2:00	Family Swim 2:30-3:15 pm			Homeschool Lessons 2:00-2:40 pm		Homeschool Lessons 2:00-2:40 pm		
2:30							Family Swim 2:30-3:15 pm	
3:00								
3:30	Rental 3:30-4:30 pm	AYCC ASP Swim 3:30-4:30 pm		AYCC ASP Swim 3:30-4:30 pm			Rental 3:30-4:30 pm	
4:00								
4:30		Swim Lessons 4:30-7:00 pm	Swim Lessons 4:00-6:30 pm	Swim Lessons 4:30-7:00 pm	Swim Lessons 4:00-6:30 pm	Swim Lessons 4:00-6:30 pm		
5:00								
5:30								
6:00								
6:30			Water Aerobics 2 6:30-7:30 pm		Water Aerobics 2 6:30-7:30 pm			
7:00								
7:30								

Therapy Pool Info

Therapy Swim is for people of all ages, individuals are limited to their own lane during this time. 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

Group Swim Lesson Sessions: Summer session options vary. See website for details.

Private Lessons are also available. Contact our aquatics team at aquatics@clubaycc.org

Stay up to date: Follow us at www.facebook.com/clubaycc

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Lap Pool Schedule								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30		Lap Swim 5:30-9:00 am	Lap Swim 5:30-9:00 am	Lap Swim 5:30-9:00 am	Lap Swim 5:30-9:00 am	Lap Swim 5:30-9:00 am		
6:00								
6:30								
7:00								
7:30								
8:00	Lap Swim 8:00-11:30 am						Lap Swim 7:15-11:00 am	
8:30		Water Aerobics 2 8:15-9:15 am		Water Aerobics 2 8:15-9:15 am	Water Aerobics 2 8:15-9:15 am	Water Aerobics 2 8:15-9:15 am		
9:00								
9:30								
10:00								
10:30			Lap Swim 10:00 am-1:00 pm		Lap Swim 10:00 am-1:00 pm		Open Swim 11:00 am- 1:00 pm	
11:00		Lap Swim 11:00 am-1:00 pm				Lap Swim 11:00 am-1:00 pm		
11:30								Lap Swim 11:00 am-1:00 pm
12:00								
12:30								
1:00	Rental 1:00-3:00 pm					Masters Swim 1:00-2:00 pm		
1:30								
2:00								
2:30								
3:00								
3:30								
4:00		Mid-Maine Dolphins Swim 4:00-7:00 pm	Mid-Maine Dolphins Swim 4:00-7:00 pm	Mid-Maine Dolphins Swim 4:00-7:00 pm	Mid-Maine Dolphins Swim 4:00-7:00 pm	Mid-Maine Dolphins Swim 4:00-7:00 pm		
4:30								
5:00								
5:30								
6:00								
6:30								
7:00		Masters & Lap Swim 7:00-8:00 pm - 3 lanes ea.	Lap Swim 7:00-8:00 pm	Masters & Lap Swim 7:00-8:00 pm - 3 lanes ea.	Lap Swim 7:00-8:00 pm			
7:30								
8:00								

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*

Open Swim is for anyone to swim at their leisure. Individuals may swim laps or exercise. *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 \$5.00/day
 Adult (ages 18-54) \$10.00/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