

# AYCC POOL SCHEDULE

**BELONG BELIEVE ACHIEVE**



ALFOND YOUTH & COMMUNITY CENTER



*Schedule effective November 18, 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 10:00-11:30 am	Family Swim 10:00-11:00 am	Family Swim 10:00-11:30 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](http://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](mailto:aquatics@clubaycc.org)

Stay up to date: Follow us at [www.facebook.com/clubaycc](http://www.facebook.com/clubaycc)

# AYCC POOL SCHEDULE

**BELONG BELIEVE ACHIEVE**



ALFOND YOUTH & COMMUNITY CENTER



*Schedule effective November 18, 2024. Subject to change.*

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							
11:00		Lap Swim 11:00 am-1:00 pm	Lap Swim 10:00 am-1:00 pm	Lap Swim 11:00 am-1:00 pm	Lap Swim 10:00 am-1:00 pm	Lap Swim 11:00 am-1:00 pm	Open Swim 11:00-12:00
11:30							
12:00							
12:30							
1:00	Rental 1:00-3:00 pm						
1:30							
2:00							
2:30							
3:00			HS/Mid Schl Swim 3:00-4:00	HS/Mid Schl Swim 3:00-4:00	HS/Mid Schl Swim 3:00-4:00	HS/Mid Schl Swim 3:00-4:00	HS/Mid Schl Swim 3:00-4:00
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		HS/Mid Schl Swim 7:00-8:00	HS/Mid Schl Swim 7:00-8:00	HS/Mid Schl Swim 7:00-8:00	HS/Mid Schl Swim 7:00-8:00	HS/Mid Schl Swim 7:00-8:00	
7:30							
8:00		Masters & Lap Swim 8:00-9:00		Masters & Lap Swim 8:00-9:00			
8:30							
9:00							

## 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

### Daily Guest Rates (per person)

Youth & Seniors (ages 55+) \$5.00  
 Adult (ages 18-54) \$10.00  
*(Youth Memb. only includes Youth)*

### Therapy & Lap Pool Rules

- Adults must be in the water w/children under age 6 (1 adult per 5 children)
- Adults must supervise children ages 6-17
- Hair must be tied up if wetted hair reaches shoulders