

AYCC POOL SCHEDULE

BELONG BELIEVE ACHIEVE



ALFOND YOUTH & COMMUNITY CENTER



Schedule effective March 3, 2025. 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	Family Swim 2:30-3:15 pm	
2:30								
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								
7:00		Therapy Swim 7:00-8:00 pm	Water Aerobics 2 6:30-7:30 pm	Therapy Swim 7:00-8:00 pm	Water Aerobics 2 6:30-7:30 pm			
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 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		
11:00									
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		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 4:00-6:00 pm	Mid-Maine Dolphins Swim 4:00-6:00 pm	Mid-Maine Dolphins Swim 4:00-6:00 pm	Mid-Maine Dolphins Swim 4:00-6:00 pm	Mid-Maine Dolphins Swim 4:00-6:00 pm			
4:30									
5:00									
5:30									
6:00		Masters & Lap Swim 6:00-8:00 pm (3 lanes each)	Unified & Lap Swim 6:00-8:00 pm (3 lanes each)	Masters & Lap Swim 6:00-8:00 pm (3 lanes each)	Lap Swim 6:00-8:00 pm				
6:30									
7:00									
7:30									
8:00									
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