

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			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	
7:00							
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

AYCC POOL SCHEDULE

BELONG BELIEVE ACHIEVE



ALFOND YOUTH & COMMUNITY CENTER



Schedule effective March 3, 2025. 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	Water Aerobics 2 8:15-9:15 am			Water Aerobics 2 8:15-9:15 am	Water Aerobics 2 8:15-9:15 am	Lap Swim 7:15-11:00 am							
8:30														
9:00														
9:30														
10:00														
10:30	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	Lap Swim 11:00 am-1:00 pm	Open Swim 11:00-12:00							
11:00														
11:30														
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	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	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

Effective April 7, 2025

\$15.00 per person

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