

# AYCC OPEN POOL SCHEDULE

Effective September 9th \* **SCHEDULE SUBJECT TO CHANGE**  
 Stay up to date: Follow us [facebook.com/clubaycc](https://facebook.com/clubaycc) or Download the *Daxko Mobile App*



## Therapy Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Therapy Open 7:00-8:00 am	Therapy Open 7:00-8:00 am	Therapy Open 7:00-8:00 am	Therapy Open 7:00-8:00 am	Therapy Open 7:00-8:00 am	
7:30 AM							
8:00 AM		Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	Aqua Fitness 8:00-9:00am	
8:30 AM							
9:00 AM		Swim Lessons 9:00-10:00am	Swim Lessons 9:00-10:00am	Swim Lessons 9:00-10:00am			Therapy Open 8:00-9:00am
9:30 AM							
10:00 AM	Therapy Open 9:00-10:00am	Family Swim 10:00-11:00am	Family Swim 10:00-11:00am	Family Swim 10:00-11:00am	Family Swim 10:00-11:00am	School Rental	Swim Lessons 9:15-11:00am
10:30 AM							
11:00 AM	Family Swim 10:00am-12:00pm	Water Aerobics I 11:15-12:00pm		Water Aerobics I 11:15-12:00pm	Water Aerobics I 11:15-12:00pm	Water Aerobics I 11:15-12:00pm	Family Swim 11:15am-12:30pm
11:30 AM							
12:00 PM		Therapy Open 12:00-1:00pm		Therapy Open 12:00-1:00pm		Therapy Open 12:00-1:00pm	
12:30 PM			Therapy Open 12:00-1:30pm		Therapy Open 12:00-1:30pm		
1:00 PM	Birthday Party 1-2pm			Maine General 1:00-2:00pm		Maine General 1:00-2:00pm	Birthday Party 1-2pm
1:30 PM							
2:00 PM				Homeschool Lessons 2:00-2:40pm			
2:30 PM							
3:00 PM			ASP Swim				
3:30 PM	Birthday Party 3:30-4:30pm	ASP Swim		ASP Swim		ASP Swim	Birthday Party 3:30-4:30pm
4:00 PM							
4:30 PM			Swim Lessons 4:00-6:30pm		Swim Lessons 4:00-6:30pm		
5:00 PM		Swim Lessons 4:30-7:00pm		Swim Lessons 4:30-7:00pm	Swim Lessons 4:30-6:20pm	Swim Lessons 4:30-6:20pm	
5:30 PM							
6:00 PM							
6:30 PM			Water Aerobics II 6:40-7:40pm		Water Aerobics II 6:40-7:40pm		
7:00 PM							
7:30 PM							

### Therapy Pool Info

**Therapy Swim** is for people of all ages, individuals are limited to their own lane during this time. Same House-hold members may share a lane. 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/aquatics](http://www.clubaycc.org/aquatics)

The AYCC offers swim lessons to children ages 6 months and up.

**Private Lessons** are also available. Contact, Aquatics Director, Lauren Dwyer FMI - 207-873-4939 [ldwyer@clubaycc.org](mailto:ldwyer@clubaycc.org)

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Lap Pool Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am	Lap Swim 5:30-9:00am
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM	Water Aerobics (3 lanes available) 8:15-9:15am	Water Aerobics (3 lanes available) 8:15-9:15am	Water Aerobics (3 lanes available) 8:15-9:15am	Water Aerobics (3 lanes available) 8:15-9:15am	Water Aerobics (3 lanes available) 8:15-9:15am	Lap Swim 7:00-11:00am
8:30 AM						
9:00 AM	Lap Swim 8:00-10:00am					
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	Lap Swim 11:00am-1:00pm	Lap Swim 11:00am-1:00pm	Lap Swim 11:00am-1:00pm	Lap Swim 11:00am-1:00pm	Lap Swim 11:00am-1:00pm	
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	MMD Practice 2:45-6:30 pm	MMD Practice 2:45-6:30 pm	MMD Practice 2:45-6:30 pm	MMD Practice 2:45-6:30pm	MMD Practice 2:45-6:30pm	
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Lap Swim (3 lanes) 6:30-7:30pm		Lap Swim 6:30-7:30pm			
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						

## 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*

**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 \$4.00/day  
 Adult (ages 18-54) \$8.00/day  
 Senior (ages 55+) \$5.00/day  
 Rates are PER PERSON. Adults are not included in a Youth Mbrshp.

### 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