

AYCC OPEN POOL SCHEDULE

Effective November 13 * **SCHEDULE SUBJECT TO CHANGE**

Stay up to date: Follow us 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	Therapy Open 8:00-9:00am
8:30 AM							
9:00 AM	Therapy Open 9:00-10:00am	Swim Lessons 9:00-10:00am	Swim Lessons 9:00-10:00am	Swim Lessons 9:00-10:00am			Swim Lessons 9:00-11:00am
9:30 AM		Family Swim 10:00-11:00am	Family Swim 10:00-11:00am	Family Swim 10:00-11:00am	Family Swim 10:00-11:00am		
10:00 AM		Family Swim 10:00-11:00am					
10:30 AM	Family Swim 10:00-11:00am	Water Aerobics I 11:15am-12:00pm		Water Aerobics I 11:15am-12:00pm		Water Aerobics I 11:15am-12:00pm	Family Swim 11:00-12:00
11:00 AM							
11:30 AM		Therapy Open 12:00-1:00pm		Therapy Open 12:00-1:00pm		Therapy Open 12:00-1:00pm	
12:00 PM			Therapy Open 1:00-2:00pm		Therapy Open 1:00-2:00pm		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM				Swim Lessons 2-3pm			
2:30 PM							
3:00 PM		AYCC Childcare Swim Time		AYCC Childcare Swim Time		AYCC Childcare Swim Time	
3:30 PM							
4:00 PM							
4:30 PM		Swim Lessons 4:30-7pm	Swim Lessons 4:30-6:15pm	Swim Lessons 4:30-7:00pm	Swim Lessons 4:30-6:15pm	Swim Lessons 4:30-7pm	
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM			Water Aerobics I 6:30-7:30pm		Water Aerobics I 6:30-7:30pm		
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/youth-swim-lessons

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

Fall I Group Swim Lesson Sessions: Once per week for 7 weeks • Sept 5 - Oct 23, 2021

Private Lessons are also available. Contact, Aquatics Director, Lauren Dwyer FMI - 207-873-0684 ldwyer@clubaycc.org

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Lap Pool Schedule							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM							
6:00 AM							
6:30 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	
7:00 AM			Lap Swim 5:30-9:00am				
7:30 AM							
8:00 AM	Lap Swim 8:00-9:00am	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 7:00-9:00am
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 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	
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		MMD Practice	MMD Practice	MMD Practice	MMD Practice	MMD Practice	
5:00 PM							
5:30 PM							
6:00 PM							
6:30 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.

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