

AYCC POOL SCHEDULE

BELONG BELIEVE ACHIEVE



ALFOND YOUTH & COMMUNITY CENTER



Schedule effective Oct 30, 2023 - 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 Childcare 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 10:00-11:00 am	Family Swim 10:00-11:00 am	Family Swim 10:00-11:00 am	Rental 10:00-11:00 am					
10:30											
11:00	Family Swim 10:45 am-12:45 pm	Water Aerobics 1 11:15am-12:00 pm		Water Aerobics 1 11:15am-12:00 pm	Water Aerobics 1 11:15am-12:00 pm	Water Aerobics 1 11:15am-12:00 pm	Family Swim 11:45-12:45 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						Rental 1:00-2:00 pm				
1:30											
2:00											
2:30											
3:00							Family Swim 2:00-3:15 pm				
3:30	Rental 3:30-4:30 pm	AYCC Childcare 3:30-4:30 pm		AYCC Childcare 3:30-4:30 pm			Rental 3:30-4:30 pm				
4:00											
4:30		Swim Lessons 4:30-7:00 pm	Swim Lessons 4:00-6:20 pm	Swim Lessons 4:30-7:00 pm	Swim Lessons 4:00-6:20 pm	Swim Lessons 4:00-6:20 pm					
5:00											
5:30											
6:00											
6:30											
7:00			Unified Champ. Club 7:15-8:15 pm	Water Aerobics 2 6:30-7:30 pm		Water Aerobics 2 6:30-7:30 pm					
7:30											
8:00											

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/aquatics

Group Swim Lesson Sessions: once per week for 8 weeks (1 session) or twice per week for 4 weeks (2 sessions)

Private Lessons are also available. Contact, Swim Lesson Coordinator, Brenna Saucier, at bsaucier@clubaycc.org
Stay up to date: Follow us at www.facebook.com/clubaycc or download the Daxko Mobile App (free)

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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	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	
11:00							
11:30							
12:00							
12:30							
1:00	Rental Time						
1:30							
2:00							
2:30							
3:00							
3:30	MMD & High School Swim Teams	MMD & High School Swim Teams	MMD & High School Swim Teams	MMD & High School Swim Teams	MMD & High School Swim Teams	MMD & High School Swim Teams	
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							

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*

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 Membership.

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