

# AYCC POOL SCHEDULE

**BELONG BELIEVE ACHIEVE**



ALFOND YOUTH & COMMUNITY CENTER

*Schedule effective May 6, 2024. Subject to change.*



| Therapy Pool Schedule |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
|-----------------------|--------------------------------------|--------------------------------------|-------------------------------------|-----------------------------------|--------------------------------------|--------------------------------------|-------------------------------|------------------------------|--|--|
|                       | Sunday                               | Monday                               | Tuesday                             | Wednesday                         | Thursday                             | Friday                               | Saturday                      |                              |  |  |
| 7:00                  |                                      | Therapy Swim<br>7:00-8:00 am         | Therapy Swim<br>7:00-8:00 am        | Therapy Swim<br>7:00-8:00 am      | Therapy Swim<br>7:00-8:00 am         | Therapy Swim<br>7:00-8:00 am         |                               |                              |  |  |
| 7:30                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 8:00                  |                                      | Aqua Fitness<br>8:00-9:00 am         | Aqua Fitness<br>8:00-9:00 am        | Aqua Fitness<br>8:00-9:00 am      | Aqua Fitness<br>8:00-9:00 am         | Aqua Fitness<br>8:00-9:00 am         |                               | Therapy Swim<br>8:00-9:00 am |  |  |
| 8:30                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 9:00                  | Therapy<br>Swim<br>9:00-10:30        | Swim Lessons<br>9:00-10:00 am        | Swim Lessons<br>9:00-10:00 am       | Swim Lessons<br>9:00-10:00 am     | Rental<br>10:00-11:00 am             | AYCC Childcare<br>9:00-10:00 am      | Swim Lessons<br>9:00-11:30 am |                              |  |  |
| 9:30                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 10:00                 |                                      | Family Swim<br>10:00-11:00 am        | Family Swim<br>10:00-11:00 am       | Family Swim<br>10:00-11:00 am     | Family Swim<br>10:00-11:00 am        | Rental<br>10:00-11:00 am             |                               |                              |  |  |
| 10:30                 |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 11:00                 | Family Swim<br>10:45 am-<br>12:45 pm | Water Aerobics 1<br>11:15am-12:00 pm |                                     | Water Aerobics<br>1 11:15am-12:00 | Water Aerobics 1<br>11:15am-12:00 pm | Water Aerobics 1<br>11:15am-12:00 pm | Family Swim<br>11:45-12:45 pm |                              |  |  |
| 11:30                 |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 12:00                 |                                      |                                      | Therapy Swim<br>12:00-1:00 pm       | Therapy Swim<br>12:00-1:30 pm     | Therapy Swim<br>12:00-1:00 pm        | Therapy Swim<br>12:00-1:30 pm        | Therapy Swim<br>12:00-1:00 pm |                              |  |  |
| 12:30                 |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 1:00                  | Rental<br>1:00-2:00 pm               |                                      |                                     |                                   |                                      |                                      | Rental<br>1:00-2:00 pm        |                              |  |  |
| 1:30                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 2:00                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 2:30                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 2:30                  |                                      |                                      |                                     | Swim Lessons<br>2:00-2:40 pm      |                                      | Swim Lessons<br>2:00-2:40 pm         | Family Swim<br>2:15-3:15 pm   |                              |  |  |
| 3:00                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 3:30                  | Rental<br>3:30-4:30 pm               | AYCC Childcare<br>3:30-4:30 pm       |                                     | AYCC Childcare<br>3:30-4:30 pm    |                                      |                                      | Rental<br>3:30-4:30 pm        |                              |  |  |
| 4:00                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 4:30                  |                                      | Swim Lessons<br>4:30-7:00 pm         | Swim Lessons<br>4:00-6:20 pm        | Swim Lessons<br>4:30-7:00 pm      | Swim Lessons<br>4:00-6:20 pm         | Swim Lessons<br>4:00-6:20 pm         |                               |                              |  |  |
| 5:00                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 5:30                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 6:00                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 6:30                  |                                      |                                      | Water Aerobics<br>2 6:30-7:30<br>pm |                                   | Water Aerobics 2<br>6:30-7:30 pm     |                                      |                               |                              |  |  |
| 7:00                  |                                      |                                      |                                     |                                   |                                      |                                      |                               |                              |  |  |
| 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](http://www.clubaycc.org/aquatics)

**Group Swim Lesson Sessions:** once per week for 7 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](mailto:bsaucier@clubaycc.org)

Stay up to date: Follow us at [www.facebook.com/clubaycc](http://www.facebook.com/clubaycc) or download the Daxko Mobile App (free)

# AYCC POOL SCHEDULE

**BELONG BELIEVE ACHIEVE**



ALFOND YOUTH & COMMUNITY CENTER

*Schedule effective May 6, 2024. Subject to change.*



| Lap Pool Schedule |                              |                                  |  |                                  |                                  |                                  |                              |
|-------------------|------------------------------|----------------------------------|--|----------------------------------|----------------------------------|----------------------------------|------------------------------|
|                   | Sunday                       | Monday                           | Tuesday                                  | Wednesday                        | Thursday                         | Friday                           | Saturday                     |
| 5:30              |                              | Lap Swim<br>5:30-9:00 am         | Lap Swim<br>5:30-9:00 am                 | Lap Swim<br>5:30-9:00 am         | Lap Swim<br>5:30-9:00 am         | Lap Swim<br>5:30-9:00 am         |                              |
| 6:00              |                              |                                  |  |                                  |                                  |                                  |                              |
| 6:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 7:00              |                              |                                  |  |                                  |                                  |                                  |                              |
| 7:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 8:00              | Lap Swim<br>8:00-11:30<br>am |                                  |  |                                  |                                  |                                  | Lap Swim<br>7:15-11:00<br>am |
| 8:30              |                              | Water Aerobics 2<br>8:15-9:15 am |  | Water Aerobics 2<br>8:15-9:15 am | Water Aerobics 2<br>8:15-9:15 am | Water Aerobics 2<br>8:15-9:15 am |                              |
| 9:00              |                              |                                  |  |                                  |                                  |                                  |                              |
| 9:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 10:00             |                              |                                  |  |                                  |                                  |                                  |                              |
| 10:30             |                              |                                  | Lap Swim<br>10:00 am-1:00<br>pm          |                                  | Lap Swim<br>10:00 am-1:00<br>pm  |                                  |                              |
| 11:00             |                              | Lap Swim<br>11:00 am-1:00<br>pm  |  |                                  |                                  | Lap Swim<br>11:00 am-1:00 pm     | Lap Swim<br>11:00 am-1:00 pm |
| 11:30             |                              |                                  |  |                                  |                                  |                                  |                              |
| 12:00             |                              |                                  |  |                                  |                                  |                                  |                              |
| 12:30             |                              |                                  |  |                                  |                                  |                                  |                              |
| 1:00              |                              |                                  |  |                                  |                                  |                                  |                              |
| 1:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 2:00              |                              |                                  |  |                                  |                                  |                                  |                              |
| 2:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 3:00              |                              |                                  |  |                                  |                                  |                                  |                              |
| 3:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 4:00              |                              |                                  |  |                                  |                                  |                                  |                              |
| 4:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 5:00              |                              |                                  |  |                                  |                                  |                                  |                              |
| 5:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 6:00              |                              | Lap Swim<br>6:00-7:00 pm         | Lap Swim<br>6:00-7:00 pm                 | Lap Swim<br>6:00-7:00 pm         | Lap Swim<br>6:00-7:00 pm         |                                  |                              |
| 6:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 7:00              |                              |                                  |  |                                  |                                  |                                  |                              |
| 7:30              |                              |                                  |  |                                  |                                  |                                  |                              |
| 8:00              |                              |                                  | Lap Swim<br>6:00-8:00 pm<br>+<br>Unified |                                  |                                  |                                  |                              |

## 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*

### 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