

# AYCC POOL SCHEDULE

## BELONG BELIEVE ACHIEVE

Schedule effective June 23, 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 7:00-9:00 am	Therapy Swim 7:00-8:00 am	Therapy Swim 7:00-9:00 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						
8:30												
9:00	Therapy Swim 9:00-10:30	Family Swim 9:15-11:00 am	Family Swim 9:15-11:00 am	Family Swim 9:15-11:00 am	Family Swim 9:15-11:00 am	Family Swim 9:15-11:00 am	Therapy Swim 9:00-10:30 am					
9:30												
10:00							Family Swim 10:45 am- 12:45 pm					
10:30												
11:00	Family Swim 10:45 am- 12:45 pm	Water Aerobics 1 11:15am-12:00 pm	Therapy Swim 11:30 am-1:00 pm	Water Aerobics 1 11:15am-12:00 pm	Therapy Swim 11:30 am-1:00 pm	Water Aerobics 1 11:15am-12:00 pm						
11:30												
12:00		Therapy Swim 12:00-1:00 pm		Therapy Swim 12:00-1:00 pm		Therapy Swim 12:00-1:00 pm						
12:30												
1:00	Rental 1:00-2:00 pm	Summer Enrichment Program 1:00-3:00 pm	Summer Enrichment Program 1:00-3:00 pm	Summer Enrichment Program 1:00-3:00 pm	Summer Enrichment Program 1:00-3:00 pm	Summer Enrichment Program 1:00-3:00 pm	Rental 1:00-2:00 pm					
1:30												
2:00												
2:30												
3:00												
3:30												
4:00	Swim Lessons 4:00-7:00 pm	Swim Lessons 4:00-6:30 pm	Swim Lessons 4:00-6:30 pm	Swim Lessons 4:00-6:30 pm	Swim Lessons 4:00-5:30 pm							
4:30												
5:00												
5:30												
6:00	Therapy Swim 7:00-8:00 pm	Water Aerobics 2 6:30-7:30 pm		Water Aerobics 2 6:30-7:30 pm								
6:30												
7:00		Therapy Swim 7:00-8:00 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.

**Group & Private Swim Lessons** [www.clubaycc.org](http://www.clubaycc.org) | [aquatics@clubaycc.org](mailto:aquatics@clubaycc.org) | 207-873-0684

Stay up to date: Follow us at [www.facebook.com/clubaycc](https://www.facebook.com/clubaycc)

# AYCC POOL SCHEDULE

**BELONG BELIEVE ACHIEVE**



ALFOND YOUTH & COMMUNITY CENTER

*Schedule effective June 23, 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 7:30-11:00 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	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	
11:00							
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							
6:30		Mid-Maine Dolphins Swim Team	Mid-Maine Dolphins Swim Team	Mid-Maine Dolphins Swim Team	Mid-Maine Dolphins Swim Team		
7:00							
7:30							
8:00							
		Lap Swim 6:30-8:00 pm	Lap Swim 7:00-8:00 pm	Lap Swim 6:30-8:00 pm	Lap Swim 7:00-8:00 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

### Daily Guest Rates

\$15.00/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