

AYCC POOL SCHEDULE

BELONG BELIEVE ACHIEVE



Schedule effective Dec 1, 2025-Mar 28, 2026. Subject to change.



Therapy Pool Schedule							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30			Therapy Swim 6:30-8 am		Therapy Swim 6:30-8 am		
7:00		Therapy Swim 7-8 am		Therapy Swim 7-8 am		Therapy Swim 7-8 am	Therapy Swim 7:15-8:15 am
7:30							
8:00		Silver Splash 8-8:50 am					
8:30	Therapy Swim 8:30-10:30 am						Swim Lessons 8:15-11:20 am
9:00		Swim Lessons 9-10 am	School Rental 9-11 am				
9:30							
10:00		Family Swim 10-11 am	Family Swim 10-11:30 am	Family Swim 10-11 am	Family Swim 10-11:30 am		
10:30							
11:00	Family Swim 10:45 am-12:45 pm	Hydro Power 11:10-12:10		Hydro Power 11:10-12:10		Hydro Power 11:10-12:10	
11:30			Therapy LAP 11:30 am-12:30		Therapy LAP 11:30 am-12:30		Family Swim 11:30 am-12:45
12:00		Therapy Swim 12:10-1:15 pm		Therapy Swim 12:10-1:30 pm		Therapy Swim 12:10-1:30 pm	
12:30			Therapy Swim 12:30-2:30 pm		Therapy Swim 12:30-2:30 pm		
1:00	Party Rental 1-2 pm						Party Rental 1-2 pm
1:30		Family Swim 1:15-2:15 pm		Homeschool Lessons 2-2:40		Homeschool Lessons 2-2:40	Family Swim 2:15-3:15 pm
2:00	Family Swim 2:15-3:15 pm						
2:30							
3:00	Party Rental 3:30-4:30 pm			Childcare Swim			Party Rental 3:30-4:30 pm
3:30							
4:00							
4:30		Swim Lessons 4:30-7 pm	Swim Lessons 4-6:30 pm	Swim Lessons 4:30-7 pm	Swim Lessons 4-6:30 pm	Swim Lessons 4-6:30 pm	
5:00							
5:30							
6:00							
6:30							
7:00		Unified Champs Club Swim	Therapy Swim 6:40-7:30 pm	Therapy Swim 7-8 pm	Therapy Swim 6:40-7:30 pm		
7:30							
8:00							



Therapy Pool Info

All open swim and swim class information can be found on our website at:
www.clubaycc.org/programs/aquatics/indoor-pools/

Group & Private Swim Lessons www.clubaycc.org | aquatics@clubaycc.org | 207-873-0684

Stay up to date: Follow us at www.facebook.com/clubaycc

AYCC POOL SCHEDULE

BELONG BELIEVE ACHIEVE



ALFOND YOUTH & COMMUNITY CENTER



Schedule effective Dec 1, 2025-Mar 28, 2026. Subject to change.

Lap Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30		Lap Swim 5:30-9 am	Lap Swim 5:30-9 am	Lap Swim 5:30-9 am	Lap Swim 5:30-9 am	Lap Swim 5:30-9 am	
6:00							
6:30							
7:00							
7:30							
8:00	Lap Swim 8 am-12 pm	Circuit HIIT Splash 8:15-9:15 am		Power Splash 8:15-9:15 am	Deep Water HIIT Aqua Aero 8:15-9:15 am	Hydro HIIT 8:15-9:15 am	Lap Swim 7:15-11 am
8:30							
9:00							
9:30							
10:00	Aqua Zumba 11 am-12 pm	Lap Swim 11 am-1:00 pm	Lap Swim 10 am-1 pm	Lap Swim 11 am-1 pm	Lap Swim 10 am-1 pm	Lap Swim 11 am-1 pm	
10:30							
11:00							
11:30							
12:00	<p>Lap Pool Info</p> <p>For descriptions and details on the various open swims and classes, please visit our website: www.clubaycc.org/programs/aquatics/indoor-pools/</p> 						
12:30							
1:00							
1:30							
2:00							
2:30	High School Teams 3:00-4:00 pm	High School Teams 3:00-4:00 pm	High School Teams 3:00-4:00 pm	High School Teams 3:00-4:00 pm	High School Teams 3:00-4:00 pm		
3:00							
3:30							
4:00							
4:30	Mid-Maine Dolphins Team 4:00-7:00 pm	Mid-Maine Dolphins Team 4:00-7:00 pm	Mid-Maine Dolphins Team 4:00-7:00 pm	Mid-Maine Dolphins Team 4:00-7:00 pm	MMD Team 4:00-5:30 pm		
5:00							
5:30							
6:00	High School 7:00-8:00 pm	High School 7:00-8:00 pm	High School 7:00-8:00 pm	High School 7:00-8:00 pm	High School Teams 6:00-7:00 pm		
6:30							
7:00							
7:30					High School 7:00-8:00 pm		
8:00							
8:30							

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 /5 children) - Showers required before swimming
- Adults must supervise children ages 6-17 -Hair must be tied up if wetted hair reaches shoulders