

AYCC POOL SCHEDULE

Schedule effective Mar 29–May 18, 2026. Subject to change.



ALFOND YOUTH & COMMUNITY CENTER



PLEASE NOTE: The schedule for April 20-24 will be slightly different. Please visit the website clubaycc.org/newsroom for details.

Therapy Pool Schedule		BELONG BELIEVE ACHIEVE					
	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 7:10-8:10 am
7:30							
8:00		Silver Splash 8-8:50 am	Silver Splash 8-8:50 am	Silver Splash 8-8:50 am	Silver Splash 8-8:50 am	Silver Splash 8-8:50 am	
8:30							
9:00	Therapy Swim 8:30-10:30 am	Swim Lessons 9-10 am	Swim Lessons 9-10 am	Swim Lessons 9-10 am	Swim Lessons 9-10 am		Swim Lessons 8:10-11:20 am
9:30						School Rental 9-11 am	
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 12:10-1:30 pm		Therapy Swim 12:10-1:30 pm		Therapy Swim 12:10-1:30 pm	
12:30							
1:00	Party Rental 1-2 pm		Therapy Swim 12:30-2:30 pm		Therapy Swim 12:30-2:30 pm		Party Rental 1-2 pm
1:30		Family Swim 1:30-2:30 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							
3:30	Party Rental 3:30-4:30			Childcare Swim			Party Rental 3:30-4:30 pm
4:00							
4:30			Swim Lessons 4-6:30 pm		Swim Lessons 4-6:30 pm	Swim Lessons 4-6:30 pm	
5:00		Swim Lessons 4:30-7 pm		Swim Lessons 4:30-7 pm			
5:30							
6:00							
6:30							
7:00			Therapy Swim 6:40-7:30 pm		Therapy Swim 6:40-7:30 pm		
7:30		Unified Champs Club Swim		Therapy Swim 7-8 pm			
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

Schedule effective Mar 29–May 18, 2026. Subject to change.



ALFOND YOUTH & COMMUNITY CENTER

PLEASE NOTE: The schedule for April 20-24 will be slightly different. Please visit the website clubaycc.org/newsroom for details.



Lap Pool Schedule		BELONG BELIEVE ACHIEVE						
	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								
10:30								
11:00	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		
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								
3:00								
3:30								
4:00								
4:30								
5:00		Lap Swim 5:00-6:00 pm	Lap Swim 5:00-7:00 pm	Lap Swim 5:00-6:00 pm	Lap Swim 5:00-7:00 pm			
5:30								
6:00		Masters Swim 6:00-7:00 pm		Masters Swim 6:00-7:00 pm				
6:30								
7:00		Hydro HIIT 7:00-8:00 pm		Hydro HIIT 7:00-8:00 pm				
7:30								
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