

# AYCC POOL SCHEDULE



*Schedule effective Jun 20 to Aug 23, 2026. Subject to change.*



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30							
7:00		Therapy Swim 7-8 am	Therapy Swim 7-9 am	Therapy Swim 7-8 am	Therapy Swim 7-8 am	Therapy Swim 7-8 am	
7:30							
8:00	Therapy Swim 8-9	Silver Splash 8-8:50 am	Aqua Yoga 8-8:50 am	Silver Splash 8-8:50 am	Aqua Yoga 8-8:50 am	Silver Splash 8-8:50 am	Therapy Swim 8-9
8:30							
9:00	Family Swim 9-10:30 am	Family Swim 9:15-11 am	Family Swim 9:15-11 am	Family Swim 9:15-11 am	Family Swim 9:15-11 am	Family Swim 9:15-11 am	Family Swim 9-10:30 am
9:30							
10:00							
10:30	Rental 10:30-11:30 am	Hydro Power 11:10-12:10		Hydro Power 11:10-12:10		Hydro Power 11:10-12:10	Rental 10:30-11:30 am
11:00							
11:30	Rental 11:30-12:30	Therapy Swim 12:10-1:20 pm	Therapy Swim 11:30 am-1:20	Therapy Swim 12:10-1:20 pm	Therapy Swim 11:30 am-1:20	Therapy Swim 12:10-1:20 pm	Rental 11:30-12:30
12:00							
12:30							
1:00							
1:30		Childcare Swim 1:20-3 pm	Childcare Swim 1:20-3 pm	Childcare Swim 1:20-3 pm	Childcare Swim 1:20-3 pm	Childcare Swim 1:20-3 pm	
2:00							
2:30							
3:00							
3:30							
4:00							
4:30		Swim Lessons 4-6:30 pm	Swim Lessons 4-6:30 pm	Swim Lessons 4-6:30 pm	Swim Lessons 4-6:30 pm	Swim Lessons 4-5:45 pm	
5:00							
5:30							
6:00							
6:30							
7:00							
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/](http://www.clubaycc.org/programs/aquatics/indoor-pools/)

**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)

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Lap Pool Schedule		BELONG BELIEVE ACHIEVE					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30		Lap Swim 5:30-8:30 am	Lap Swim 5:30-9 am	Lap Swim 5:30-8:30 am	Lap Swim 5:30-8:30 am	Lap Swim 5:30-8:30 am	
6:00							
6:30							
7:00							
7:30	Lap Swim 7:30-11 am	Hydro HIIT 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 7:30-11 am
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00	Aqua Zumba 11-12	Lap Swim 11 am-1 pm	Lap Swim 11 am-1 pm	Lap Swim 11 am-1 pm	Lap Swim 11 am-1 pm	Lap Swim 11 am-1 pm	
11:30							
12:00							
12:30							
1:00		<b>Lap Pool Info</b> For descriptions and details on the various open swims and classes, please visit our website: <a href="http://www.clubaycc.org/programs/aquatics/indoor-pools/">www.clubaycc.org/programs/aquatics/indoor-pools/</a>					
1:30							
2:00							
2:30							
3:00							
3:30							
4:00		Swim Team 4-7 pm	Swim Team 4-7 pm	Swim Team 4-7 pm	Swim Team 4-7 pm	Swim Team 4-6 pm	
4:30							
5:00		Masters Swim 6-7pm		Masters Swim 6-7 pm			
5:30							
6:00							
6:30							
7:00							
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