

★ Free Classes for Y Members

PISCATAQUIS REGIONAL YMCA PROGRAM SCHEDULE SEPTEMBER 4 - OCTOBER 22, 2017

WEEKDAYS

WEEKEND

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
7:00 - 8:00	★ Pound ® 6:30-7:00	★ Stability Ball 7:00-7:45	Indoor Cycling 7:00-7:45			7:00 - 8:00
8:00 - 8:30						8:00 - 8:30
8:30-9:00	★ Water Aerobics	★ Zumba ®	★ Water Aerobics	★ Strength & Toning 8:30-9:15	★ Water Aerobics	8:30-9:00
9:00 - 9:30	★ Yoga 9:15-10:15		★ Yoga 9:15-10:15			9:00 - 9:30
9:30 - 10:00					★ Forever Fit	9:30 - 10:00
10:00-10:30	★ Forever Fit	★ Wally Ball (10:15-11:30a)	★ Wally Ball (10:15-11:30a)	★ Forever Fit	★ Wally Ball (10:15-11:30a)	10:00-10:30
10:30-11:00						10:30-11:00
11:00 - 11:30						11:00 - 11:30
11:30 - Noon						11:30 - Noon
Noon - 2:30						Noon - 2:30
2:30 - 3:30						2:30 - 3:30
3:30 - 4:30						3:30 - 4:30
4:30 - 5:15						4:30 - 5:15
5:15 - 5:30		★ Pound ® 5:15-6:15 (starts Oct 2)		★ Pound ® 5:15-6:15 (moves to MON on Oct 2)	★ Boot Camp	5:15 - 5:30
5:30 - 6:00	Swim Lessons 5:45-7:30 (starts Oct 23)	★ Zumba ®	Morita's School of Dance Classes <i>Pre-K</i> 3:00-3:30 3:30-4:15		★ Open Swim 5:30-6:45 (1st Friday is Community Free Swim)	5:30 - 6:15
6:00-6:30			<i>Gr K-2</i> 4:15-4:45 4:45-5:30	Swim Lessons 6:15-7:30 (starts Oct 25)		6:15- 6:30
6:30 - 7:00			<i>Gr 3-6</i> 5:30-6:00 6:00-6:45 6:45-7:15			6:30 - 7:00
7:00 - 7:30			(starts Oct 4)			7:00 - 7:30
					CLOSED	

Time	Saturday
8:00 - 9:00	Indoor Cycling

Classes are on:
 Sep 16, 30 Oct 14, 28
 Nov 11, 25 Dec 9, 23

COLOR KEY	
FITNESS STUDIO	COURT 1
	COURT 2
	POOL



**PISCATAQUIS REGIONAL YMCA
OPEN SWIM/LAP POOL SCHEDULE
SEPTEMBER 3—OCTOBER 22, 2017
(SUBJECT TO CHANGE)**

**Piscataquis Regional YMCA
48 Park Street, Dover-Foxcroft, Maine 04426
(207) 564-7111 www.prymca.org**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 8:30	Open Swim/Lap	Open Swim/Lap	Open Swim/Lap	Open Swim/Lap	Open Swim/Lap
8:30 - 9:30					
9:30 - 10:30		School Group Rental 10:15-11:00 (starts Oct 3)	Open Swim/Lap	School Group Rental 9:30-10:15 (starts Oct 12)	
10:30- 11:00					
11:00 - 12:00	Open Swim/Lap Two Lanes	Open Swim/Lap Two Lanes	Open Swim/Lap Two Lanes	Open Swim/Lap Two Lanes	Open Swim/Lap Two Lanes
12:00 - 3:00					
3:00 - 4:00					
4:00 - 5:00					
5:00 - 6:00	Swim Lessons 5:45-7:30 (starts Oct 2)				Open Swim 5:30-6:45 (1st Friday is Community Free Swim) NO LANES
6:00 - 7:00			Swim Lessons 6:15-7:30 (starts Oct 4)		
7:00 - 7:30					
Saturday	Sunday	HOURS OF OPERATION Monday-Thursday: 5:00am- 8:00pm Friday: 5:00am - 7:00pm Saturday: 7:00am - 12:00pm Sunday: CLOSED			
Open Swim/Lap Two Lanes 7:30-11:30am	CLOSED				

**THE POOL WILL
BE CLOSED FOR
MAINTENANCE
UNTIL
OCTOBER 20.
CHECK BACK FOR
ANY POSSIBLE
CHANGES.
THANK YOU**