

★ Free Classes
for Y Members

PISCATAQUIS REGIONAL YMCA CLASS SCHEDULE NOVEMBER 6 - DECEMBER 31, 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						5:15 - 5:30
5:30 - 6:00	Swim Lessons 5:45-7:30 (starts Oct 23)	★ Pound ®	★ Zumba ®		★ Open Swim 5:30-6:45 (1st Friday is Community Free Swim)	5:30 - 6:15
6:00-6:30				★ Boot Camp 5:15-6:15		6:15- 6:30
6:30 - 7:00						6:30 - 7:00
7:00 - 7:30						7:00 - 7:30

Time	Saturday	COLOR KEY
8:00 - 9:00	★ Indoor Cycling	FITNESS STUDIO
	Swim Lessons 9:00-10:30	COURT 1
		COURT 2
		POOL



**PISCATAQUIS REGIONAL YMCA
POOL SCHEDULE
NOVEMBER 6 - DECEMBER 31, 2017**

**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	Open Swim/Lap	School Group Rental	
10:30- 11:00		10:15-11:00		9:30-10:15	
11:00 - 12:00	Open Swim/Lap <small>Two Lanes</small>	Open Swim/Lap <small>Two Lanes</small>	Open Swim/Lap <small>Two Lanes</small>	Open Swim/Lap <small>Two Lanes</small>	Open Swim/Lap <small>Two Lanes</small>
12:00 - 3:00					
3:00 - 4:00	FA Swim Team	Open Swim 3:15-4:00	FA Swim Team	Open Swim 3:15-4:00	FA Swim Team
4:00 - 5:00	3:15-5:00	Waves Swim Team 4:00-5:30	3:15-5:00	Waves Swim Team 4:00-5:30	3:15-5:00
5:00 - 6:00	Waves Swim Team 5:00-6:15	FA Swim Team 5:30-7:00	Waves Swim Team 5:00-6:15	FA Swim Team 5:30-7:00	Open Swim 5:30-6:45 <small>(1st Friday is Community Free Swim)</small> NO LANES
6:00 - 7:00	Swim Lessons 5:45-7:30		Swim Lessons 6:15-7:30		
7:00 - 7:30					

← FA Swim Team starts week of Nov 20

Saturday	Sunday
Open Swim/Lap <small>Two Lanes</small> 7:30-9:00am 10:30-11:30am Swim Lessons 9:00-10:30am	CLOSED

HOURS OF OPERATION
Monday-Thursday: 5:00am- 8:00pm
Friday: 5:00am - 7:00pm
Saturday: 7:00am - 12:00pm
Sunday: CLOSED