

★ Free Classes  
for Y Members

# PISCATAQUIS REGIONAL YMCA CLASS SCHEDULE JANUARY 1 - APRIL 1, 2018

WEEKDAYS

WEEKEND

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
7:00 - 8:00	★ Pound ® 6:30-7:00		★ 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		★ Step & More		★ Core Conditioning	★ Water Aerobics	9:00 - 9:30
9:30 - 10:00	★ Yoga		★ Yoga			9:30 - 10:00
10:00-10:30	9:15-10:15 ★ Forever Fit	★ Wally Ball 10:15-11:30a	9:15-10:15 ★ Wally Ball 10:15-11:30a	★ Forever Fit	★ Forever Fit	10:00-10:30
10:30-11:00					★ Wally Ball 10:15-11:30a	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			Morita's School of Dance Classes Pre-K 3:00-3:30 3:30-4:15		Indoor Golf Group 1 3:30-4:30 Group 2 4:30-5:30 Starts Jan 11	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 ®		★ Boot Camp 5:15-6:15	★ Open Swim 5:30-6:45 (1st Friday is Community Free Swim)
6:00-6:30			Gr K-2 4:15-4:45 4:45-5:30			5:30 - 6:15
6:30 - 7:00			Gr 3-6 5:30-6:00 6:00-6:45 6:45-7:15	Swim Lessons 6:15-7:30 (starts Oct 25)		6:15- 6:30
7:00 - 7:30						6:30 - 7:00
						7:00 - 7:30

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



**PISCATAQUIS REGIONAL YMCA  
POOL SCHEDULE  
JANUARY 1 - APRIL 1, 2018**

**Piscataquis Regional YMCA  
48 Park Street, Dover-Foxcroft, Maine 04426  
(207) 564-7111 [www.prymca.org](http://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					
Saturday	Sunday	<b>HOURS OF OPERATION</b> Monday-Thursday: 5:00am- 8:00pm Friday: 5:00am - 7:00pm Saturday: 7:00am - 12:00pm Sunday: 12:00-3:00pm			
Open Swim/Lap <small>Two Lanes</small> 7:30-9:00am 10:30-11:30am  Swim Lessons 9:00-10:30am	Open Swim Only  12:30-2:30pm				