

★ Free Classes for Y Members

PISCATAQUIS REGIONAL YMCA CLASS SCHEDULE FEBRUARY 19 - APRIL 15, 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	★ Yoga		★ Yoga			9:00 - 9:30
9:30 - 10:00						9:30 - 10:00
10:00-10:30	★ Forever Fit	★ Wally Ball 10:15-11:30a	★ Wally Ball 10:15-11:30a	★ Forever Fit	★ Forever Fit	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			Morita's School of Dance Classes Pre-K 3:00-3:30 3:30-4:15	Swim Lessons 4:00-5:45 (Mar 7-Apr 11)	Indoor Golf (Mar 1-Apr 5)	3:30 - 4:30
4:30 - 5:15	Swim Lessons 5:00-6:45 (March 5- April 9)					4:30 - 5:15
5:15 - 5:30						5:15 - 5:30
5:30 - 6:00	★ Pound ®	★ Zumba ®	Gr K-2 4:15-4:45 4:45-5:30	★ Boot Camp 5:15-6:15		5:30 - 6:15
6:00-6:30			Gr 3-6 5:30-6:00 6:00-6:45 6:45-7:15		★ Open Swim 5:30-6:45 (1st Friday is Community Free Swim)	6:15- 6:30
6:30 - 7:00						6:30 - 7:00
7:00 - 7:30						7:00 - 7:30

Time	Saturday
8:00 - 9:00	★ Indoor Cycling
	Swim Lessons 9:00-10:30

COLOR KEY	
FITNESS STUDIO	COURT 1
	COURT 2
	POOL



**PISCATAQUIS REGIONAL YMCA
POOL SCHEDULE
MARCH 5 - APRIL 15, 2018**

**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 Three Lanes	Open Swim/Lap Three Lanes	Open Swim/Lap Three Lanes	Open Swim/Lap Three Lanes	Open Swim/Lap Three Lanes
12:00 - 3:00					
3:00 - 4:00					
4:00 - 5:00	Open Swim/Lap	Open Swim/Lap	Swim Lessons 4:00-5:45	Open Swim/Lap	Open Swim 5:30-6:45 (1st Friday is Community Free Swim) NO LANES
5:00 - 6:00	Swim Lessons		Open Swim/Lap 5:45-7:00		
6:00 - 7:00	5:00-6:45				
7:00 - 7:30					

Saturday	Sunday
Open Swim/Lap Three Lanes 7:30-9:00am 10:30-11:30am	Open Swim Only 12:30-2:30pm
Swim Lessons 9:00-10:30am (Mar 10— Apr 14)	

HOURS OF OPERATION
 Monday-Thursday: 5:00am- 8:00pm
 Friday: 5:00am - 7:00pm
 Saturday: 7:00am - 12:00pm
 Sunday: 12:00-3:00pm