

★ Free Classes
for Y Members

PISCATAQUIS REGIONAL YMCA CLASS SCHEDULE APRIL 23- JUNE 24, 2018

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	
7:00 - 8:00						7:00 - 8:00	
8:00 - 8:30						8:00 - 8:30	
8:30-9:00	★ Zumba ® 8:30-9:15	★ Step & More	★ Strength & Conditioning 8:30-9:15	★ Core Conditioning 8:30-9:00	★ Pilates Plus 8:30-9:15	8:30-9:00	
9:00 - 9:30			★ Yoga 9:15-10:15			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	★ 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 - 1:00		★ Line Dancing 1:00-2:00					Noon - 2:30
1:00 - 3:00							2:30 - 3:30
3:00 - 4:00							3:30 - 4:30
4:00 - 5:30	Tumbling <i>Pre-K to Gr 1</i> 4:00-4:30 & 4:30-5:00 <i>Gr 2-4</i> 5:15-6:00 <i>Gr 5-7</i> 6:00-7:00						4:30 - 5:15
5:30 - 6:00		★ Pound ®	★ Zumba ®	★ Pound ® 5:30-6:15			5:15 - 5:30
6:00-6:30							5:30 - 6:15
6:30 -7:00							6:15- 6:30
7:00 - 7:30							6:30 - 7:00
							7:00 - 7:30

Time	Saturday	COLOR KEY	
8:00 - 9:00		FITNESS STUDIO	COURT 1
			COURT 2

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

CLOSED



PISCATAQUIS REGIONAL YMCA POOL SCHEDULE
MAY 7- JUNE 17, 2018
(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	★ AM Aquacise	★ AM Aquacise	★ AM Aquacise	★ AM Aquacise	★ AM Aquacise
9:30 - 10:30	★ Power Waves	Y Preschool Swim 9:30-10:15	★ Power Waves	CLOSED	Y Preschool Swim 9:30-10:15
10:30- 11:00	CLOSED	CLOSED	CLOSED		CLOSED
11:00 - 12:00	★ Joint Ventures Open Lap Only (Three Lanes)	★ Open Swim/Lap Three Lanes	★ Joint Ventures Open Lap Only (Three Lanes)	★ Open Swim/Lap Three Lanes	★ Open Swim/Lap Three Lanes
12:00 - 12:30	★ Open Swim/Lap Three Lanes		★ Open Swim/Lap Three Lanes		
12:30 - 3:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
4:00 - 5:00	Waves Swim Team (three lanes)	★ Open Swim/Lap 3:15-4:00	Waves Swim Team (three lanes)	★ Open Swim/Lap 3:15-4:00	
	★ Open Swim 3:30-5:00	Waves Swim Team (three lanes)	★ Open Swim 3:30-5:00	Waves Swim Team (three lanes)	
5:00 - 6:00	Swim Lessons	★ Open Swim 4:00-6:00	Swim Lessons	★ Open Swim 4:00-6:00	
6:00 - 7:00	5:00-6:45	★ Open Swim/Lap	5:00-6:45	★ Open Swim/Lap	★ Open Swim 5:00-6:30 (1st Friday is Community Free Swim)
7:00 - 7:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Saturday	Sunday
★ Open Swim/Lap Three Lanes 7:30-9:00am 10:30-11:30am	★ Open Swim Only
Swim Lessons 9:00-10:30am	NO LANES
	12:30-2:30pm
	Last Open Sunday June 10

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for Y Members