

★ Free Classes for Y Members

PISCATAQUIS REGIONAL YMCA CLASS SCHEDULE JUNE 25 - SEPTEMBER 2, 2018

WEEKDAYS

WEEKEND

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					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				Noon - 2:30
1:00 - 3:00	Tumbling <i>Camp Katahdin</i> 2:00-2:30 Pre-K to Gr 1 2:30-3:00 4:00-4:30 5:15-5:45	1:00-2:00				2:30 - 3:30
3:00 - 4:00						3:30 - 4:30
4:00 - 5:30						4:30 - 5:15
5:30 - 6:00	Gr 2-4 3:00-3:45 4:30-5:15 5:45-6:30	★ Pound®			★ Pound® 5:30-6:15	5:15 - 5:30
6:00-6:30		★ Zumba®				5:30 - 6:15
6:30 - 7:00	Gr 5-7 6:30-7:15					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 Starts Sep 15	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: CLOSED

CLOSED



PISCATAQUIS REGIONAL YMCA POOL SCHEDULE
AUGUST 1– SEPTEMBER 2, 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	Summer Camp Swim 9:30-10:15a	★ Power Waves	Summer Camp Swim 9:30-10:15a	Y Preschool Swim 9:30-10:15
10:30- 11:00	Y Preschool Swim	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
	★ Open Swim/Lap Three Lanes		★ Open Swim/Lap Three Lanes		
12:30 - 3:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	★ Open Swim/Lap Three Lanes		★ Open Swim Three Lanes		
4:00 - 5:00	3:30-5:00	★ Open Swim/Lap Three Lanes	3:30-5:00	★ Open Swim/Lap Three Lanes	
5:00 - 6:00	Swim Lessons		Swim Lessons		★ Open Swim 5:00-6:30 (1st Friday is Community Free Swim)
6:00 - 7:00	5:00-6:45		5:00-6:45		
7:00 - 7:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Saturday	Sunday
★ Open Swim/Lap Three Lanes 7:30-9:00am 10:30-11:30am Swim Lessons 9:00-10:30am	CLOSED

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