



PISCATAQUIS REGIONAL YMCA POOL SCHEDULE
NOVEMBER 19 TO DECEMBER 16, 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	School Group Rental 9:30-10:15	★ Power Waves	School Group Rental 9:30-10:15	CLOSED
10:30- 11:00	CLOSED	Homeschool Lessons 10:15-11	CLOSED	Homeschool Lessons 10:15-11	Y Pre-school Swim 10:15-11
11:00 - 12:00	Water Wellness 11:00-12:00	★ Open Swim/Lap Three Lanes	Water Wellness 11:00-12:00	★ Open Swim/Lap Three Lanes	★ Open Swim/Lap Three Lanes
	★ Open Lap only 11:00-12:30		★ Open Lap only 11:00-12:30		
12:00-12:30	★ Open Swim/Lap	★ Open Swim/Lap	★ Open Swim/Lap	★ Open Swim/Lap	★ Open Swim/Lap
12:30-3:00	CLOSED	Y Pre-school 2-2:45	CLOSED	CLOSED	CLOSED
3:15-4:00	FA Swim Team	★ Open Swim only	FA Swim Team	★ Open Swim only	FA Swim Team
4:00-5:00		Waves Swim Team		Waves Swim Team	
5:00-5:30	Waves Swim Team 5:00-6:15	FA Swim Team	Waves Swim Team 5:00-6:15	FA Swim Team	★ Open Swim only 5:00-6:30 1st Friday is Community Free Swim
5:30 -7:00	Swim Lessons 5:00-6:45		Swim Lessons 5:00-6:45		
Time	Saturday		Sunday		
7:30-11:30	★ Open Swim/Lap 7:30-9:00 & 10:30-11:30 Swim Lessons 9:00-10:30		★ Open Swim only 12:30-2:30		★ <i>Free Classes for Y Members</i>

★ Free Classes for Y Members

PISCATAQUIS REGIONAL YMCA FITNESS CLASS SCHEDULE OCTOBER 22 TO DECEMBER 25, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 - 7:00		★ Guts, Guns & Buns 5:15-6:00			
7:00 - 8:30			★ Indoor Cycling 7-7:45		
8:30 - 9:30	★ Zumba ® 8:30-9:15	★ Step & More 8:30-9:30	★ Yoga 9:15-10:15	★ Strength & Conditioning 8:30-9:15	★ Strengthen, Lengthen & Tone 9:00-9:45
				★ Core Conditioning 8:30-9:00	
9:30- 10:00					
10:00-11:00	★ Forever Fit 10:00-11:00		★ Forever Fit 10:00-11:00		★ Forever Fit 10:00-11:00
	★ Wally Ball 10:15-11:30		★ Wally Ball 10:15-11:30		★ Wally Ball 10:15-11:30
11:00-12:00					
12:00-3:00					
3:00-5:00			Morita's School of Dance Youth Classes Groups: Pre-K to K & K to Gr 2 Gr 3 to Gr 6 3-7:30		
5:00 -7:30	★ Pound ® 5:15-6:00	★ Zumba ® 5:30-6:30		★ Pound ® 5:30-6:30	
	★ Boot Camp 6:00-6:45				

Time	Saturday	Sunday
8:00-9:00	★ Indoor Cycling	CLOSED

COLOR KEY	
GROUP EX ROOM	COURT 1
	COURT 2

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