



PISCATAQUIS REGIONAL YMCA POOL SCHEDULE
JANUARY 2 TO MARCH 3, 2019
(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 JANUARY 2 TO MARCH 30, 2019

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | |
|-------------|------------------------------------|----------------------------------|---|--|----------------------------------|--|
| 5:00 - 7:00 | | ★ Guts, Guns & Buns 5:15-6:00 | | | | |
| 7:00 - 8:30 | | | ★ Indoor Cycling | | | |
| 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 | ★ Core Conditioning 8:30-9:00 | ★ Strengthen, Lengthen & Tone 9:00-9:45 |
| 9:30- 10:00 | | | | ★ Static Stretch 9-9:30 | | |
| 10:00-11:00 | ★ Forever Fit 10:00-11:00 | | ★ Forever Fit 10:00-11:00 | | ★ Forever Fit 10:00-11:00 | |
| 11:00-12:00 | | | | | ★ Wally Ball 10:15-11:30 | |
| 12:00-3:00 | ★ Tai Chi for Health 12:00-1:00 | | ★ Tai Chi for Health 12:00-1:00 | | | |
| 3:00-5:00 | | | Morita's School of Dance Youth Classes Groups: Pre K-Gr 6 3-7:30 | | | |
| 5:00 -7:30 | ★ Pound ® 5:15-6:00 | ★ Zumba ® 5:30-6:30 | ★ Women on Weights 5:15-6:00 | ★ Pound ® 5:30-6:30 | | |
| | ★ Boot Camp 6:00-6:45 | | | | | |

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

| COLOR KEY | |
|-------------|---------|
| GR EX ROOM | COURT 1 |
| FITNESS CTR | 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 |