



★ *Free classes for  
Y Members*

## PISCATAQUIS REGIONAL YMCA POOL SCHEDULE

JANUARY 2 TO FEBRUARY 17, 2019 (subject to change)

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	CLOSED	School Group Rental 9:30-10:15	★ Open Swim only 9:30-10:30	School Group Rental 9:30-10:15	CLOSED
10:30- 11:00	CLOSED	Homeschool Lessons 10:15-11:00	CLOSED	Homeschool Lessons 10:15-11:00	Y Pre-school Swim 10:15-11:00
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		
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 2:00-2:45	CLOSED	CLOSED	CLOSED
3:15-4:00	FA Swim Team 3:15-5:00	★ Open Swim only 3:15-4:00	FA Swim Team 3:15-5:00	★ Open Swim only 3:15-4:00	FA Swim Team 3:15-5:00
4:00-5:00		Waves Swim Team		Waves Swim Team	
5:00-5:30	Waves Swim Team 5:00-6:15		Waves Swim Team 5:00-6:15		★ Open Swim only 5:00-6:30
5:30 -7:00	Swim Lessons	FA Swim Team 5:30-7:00		Swim Lessons 5:00-6:45	
Time	<b>Saturday</b>		<b>Sunday</b>		<b>Piscataquis Regional YMCA</b> <b>48 Park Street, Dover-Foxcroft, ME 04426</b> <b>(207) 564-7111 www.prymca.org</b>
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		



★ Free Classes for Y Members

# PISCATAQUIS REGIONAL YMCA FITNESS CLASS SCHEDULE

JANUARY 2 TO MARCH 30, 2019 (subject to change)

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	★ Strength & Conditioning 8:30-9:15	★ Core Conditioning 8:30-9:00	★ Strengthen, Lengthen & Tone 9:00-9:45	
				★ Static Stretch 9-9:30		
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	★ 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	★ Krav Maga 5:30-6:30	★ Pound ® 5:30-6:30	★ Krav Maga 5:30-6:30	
	★ Women on Weights 5:15-6:00			★ Line Dancing 5:30-6:30		
	★ Boot Camp 6:00-6:45					
Time	Saturday	Sunday	COLOR KEY		HOURS OF OPERATION	
8:00-9:00	★ Indoor Cycling		GR EX ROOM	COURT 1	Monday to Thursday: 5:00am to 8:00pm	Friday: 5:00am to 7:00pm
			FITNESS CTR	COURT 2	Saturday: 7:00am to 12:00pm	Sunday: 12:00 to 3:00pm