



PISCATAQUIS REGIONAL YMCA POOL SCHEDULE

MARCH 4 TO APRIL 21, 2019 (subject to change)

★ Free classes for
Y Members

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	Swim Lessons 9:30-10:30	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 10:15-11:00
11:00 - 12:00	Water Wellness 11:00-12:00	★ Open Swim/Lap Three Lanes 11:00-12:15	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	School Group Rental 12:00-12:45 Y Pre-school 2:00-2:45	★ Open Swim/Lap	★ Open Swim/Lap	★ Open Swim/Lap
12:30-3:00	CLOSED		CLOSED	CLOSED	CLOSED
3:15-4:00	CLOSED	★ Open Swim only 3:15-4:00	CLOSED	★ Open Swim only 3:15-4:00	CLOSED
4:00-5:00	★ Open Swim/Lap 4:00-5:00	★ Open Swim/Lap 4:00-7:00	★ Open Swim/Lap 4:00-5:00	★ Open Swim/Lap 4:00-7:00	
5:00-7:00	Swim Lessons 5:00-6:45		Swim Lessons 5:00-6:45	★ Open Swim only 5:00-6:30 1st Friday is Community Free Swim	
Saturday		Sunday		Piscataquis Regional YMCA www.prymca.org	
★ Open Swim/Lap 7:30-9/10:30-11:30		Swim Lessons 9-10:30		★ Open Swim only 12:30-2:30	
				48 Park St., Dover Foxcroft, ME 04426 (207) 564-7111	



PISCATAQUIS REGIONAL YMCA FITNESS CLASS SCHEDULE

MARCH 3 TO APRIL 21, 2019 (subject to change)

★ Free Classes for Y Members

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	★ 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		Fit4Tot 9:30-10:30				
10:00-11:00	★ Forever Fit 10:00-11:00		★ Forever Fit 10:00-11:00		★ Forever Fit 10:00-11:00	
	★ Wally Ball 10:00-11:30		★ Wally Ball 10:00-11:30		★ Wally Ball 10:00-11:30	
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	
	★ Boot Camp 6:00-6:45			★ Line Dancing 5:30-6:30		
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