



PISCATAQUIS REGIONAL YMCA POOL SCHEDULE

APRIL 22 TO JUNE 2, 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	CLOSED	Y Pre-school 10:15-11:00
11:00 - 12:00	Water Wellness 11:00-12:00	★ Open Swim/Lap Three Lanes 11:00-12:30	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 12:30-2:00 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	Stroke & Turns Clinic 3:15-4:00	CLOSED
4:00-5:00	★ Open Swim/Lap 4:00-5:00	★ Open Swim/Lap 4:00-6:30	★ Open Swim/Lap 4:00-6:30	★ Open Swim/Lap 4:00-6:30	Y Afterschool 4:00-4:45
5:00-7:00	Swim Lessons 5:15-6:30				★ Open Swim only 5:00-6:30 1st Friday is Community Free Swim
Saturday		Sunday		Piscataquis Regional YMCA www.pymca.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

APRIL 22 TO JUNE 2, 2019 (subject to change)

★ Free Classes for
Y Members

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 - 8:30		★ Guts, Guns & Buns 5:15-6:00	★ Indoor Cycling 7:00-7:45 ★ Yoga 7:30-8:30		
8:30 - 9:30	★ Zumba ® 8:30-9:15 Women on Weights 9:15-10	★ Step & More 8:30-9:30	★ Strength & Conditioning 8:30-9:15 Women on Weights 9:15-10	★ Core Conditioning 8:30-9:00 ★ Static Stretch 9-9:30	★ Strengthen, Lengthen & Tone 9:00-9:45
9:30- 10:00					
10:00-11:00	★ Forever Fit 10:00-11:00 ★ Wally Ball 10:00-11:30	Fit4Tot 10:00-11:00	★ Forever Fit 10:00-11:00 ★ Wally Ball 10:00-11:30		★ Forever Fit 10:00-11:00 ★ 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			Teens Learn to Clean 3:30-4:30 Morita's Dance School 3:00-7:30		
5:00 -7:30	★ Pound ® 5:30-6:30 ★ Boot Camp 5:30-6:30 ★ Krav Maga 5:30-6:30	★ Zumba ® 5:30-6:30 ★ Krav Maga 5:30-6:30	★ Combat Fitness 5:30-6:30	★ Pound ® 5:30-6:30 ★ Line Dancing 5:30-6:30	★ Yoga 5:30-6:30

Time	Saturday	Sunday
8:00-9:00	★ Indoor Cycling	CLOSED
9:30-10:30	★ Guts, Guns & Buns	

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: 12-3pm(CLOSED starting May 5)