



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 | Y Pre-school 9:30-10:15 | 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 11:00-12:30 | 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 | ★ 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 | ★ Indoor Cycling 7:00-7:45 <small>Last class May 22</small> | ★ Yoga 7:30-8:30 | |
| 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 ★ 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 | Fit4Tot 10:00-11:00 | ★ Forever Fit 10:00-11:00 | Nutrition 101 10:00-11:00 <small>Starts May 30</small> | ★ Forever Fit 10:00-11:00 |
| 11:00-12:00 | | | | | ★ Wally Ball 10:00-11:30 |
| 12:00-3:00 | | | ★ Tai Chi for Health 12:00-1:00 | | ★ Tai Chi for Health 12:00-1:00 |
| 3:00-5:00 | | | ★ Teens Learn to Clean 3:30-4:30 | | |
| 5:00 -7:30 | ★ Pound ® 5:15-6:00 ★ Boot Camp 6:00-6:45 | ★ Krav Maga 5:30-6:30 | ★ Zumba ® 5:30-6:30 | ★ Krav Maga 5:30-6:30 | ★ Pound ® 5:30-6:30 |
| | | | ★ Combat Fitness 5:30-6:30 | ★ Line Dancing 5:30-6:30 | |

| 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: CLOSED |