



PISCATAQUIS REGIONAL YMCA POOL SCHEDULE

SEPTEMBER 16 TO OCTOBER 28, 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 Starter 9:30-10:00	School Group Rental 9:30-10:15	School Group Rental 9:30-10:15	School Group Rental 9:30-10:15	CLOSED
10:30- 11:00	Y Pre-school 10:15-11:00	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 11:00-12:30	Water Wellness 11:00-12:00	★ Open Swim/Lap 11:00-12:30	★ Open Swim/Lap 11:00-12:30
	★ Open Lap only 11:00-12:00		★ Open Lap only 11:00-1:00		
12:00-12:30	★ Open Swim/Lap		★ Open Swim/Lap		
12:30-3:00	Daily Pool Maintenance	Daily Pool Maintenance	Daily Pool Maintenance	Daily Pool Maintenance	Daily Pool Maintenance
3:00-4:00	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 4:00-6:30	★ Open Swim/Lap 4:00-6:30	★ Open Swim/Lap 4:00-6:30	
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 48 Park St., Dover Foxcroft, ME 04426 (207) 564-7111	
★ Open Swim/Lap 7:30-9:00/10:30-11:30 Swim Lessons 9:00-10:30		CLOSED			



PISCATAQUIS REGIONAL YMCA FITNESS CLASS SCHEDULE

SEPTEMBER 2 TO NOVEMBER 3, 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	★ Yoga 7:15-8:15		★ Piyo 7:30-8:00
8:30 - 9:30	★ Zumba ® 8:30-9:15	★ Beginner Step & More 8:30-9:30	★ Core Plus 8:30-9:15	★ Low HIIT 8:30-9:00 ★ Static Stretch 9:00-9:30	★ Strengthen, Lengthen & Tone 8:30-9:15
9:30- 10:00	★ Forever Fit 9:30-10:30		★ Forever Fit 9:30-10:30		★ Forever Fit 9:30-10:30
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			★ Piyo 4:30-5:15	
5:00 -7:30	Groups: Pre K to Gr 6 3-7:30 Starts Oct 7	★ Zumba ® 5:30-6:30	★ Tactical Body Works 4:30-5:30 ★ Combat Fitness 5:00-6:00 ★ Krav Maga ® 6:00-7:00	★ Step Aerobics 5:15-6:15	

Time	Saturday	Sunday
8:00-9:00		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