

QUINCY FAMILY YMCA POOL SCHEDULE Fall II Session Nov. 2 - Dec. 19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00	6:00 - 7:15 am	6:00 - 8:15 am	6:00 - 7:15 am	6:00 - 8:15 am	6:00 - 7:15 am	Open at 7:00 am		
7:00	Lap Swimming Only							7:00 - 8:00 am Lap Swim Only
7:30	7:30 - 11:00 am Deep End Laps		7:30 - 11:00 am Deep End Laps		7:30 - 11:00 am Deep End Laps			
7:30	7:30 - 8:30 am Aqua Aerobics		7:30 - 8:30 am Aqua Aerobics		7:30 - 8:30 am Aqua Aerobics	8:00 - 10:00 Open Swim		
8:30	8:30 - 9:30 am HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am HydroTone	8:30 - 9:30 am Dick's Dolphins	8:30 - 9:30 am HydroTone			
9:30	9:30 - 10:30 am Open Wat Exer. & Deep End Laps	9:30 - 10:30 am Aqua Jog & PreSchool Swim Lessons	9:30 - 10:30 am Stretch and Flex	9:30 - 10:30 am Aqua Jog & PreSchool Swim Lessons	9:30 - 10:30 am PreSchool Swim Lessons	10:10 am - Noon Youth & Adult Swim Lessons (No Open Swim)		
10:30	10:30 - 11:45 am Open Swim & Full Length Laps	10:30 - 11:45 am Open Swim	10:30 - 11:45 am Open Swim & Full Length Laps	10:30 - 11:45 am Open Swim & Full Length Laps	10:30 - 11:45 am Open Swim & Full Length Laps			Open at 12 Noon
11:45	11:45 am - 12:45 pm Lap Swimming Only					12 Noon - 1:00 pm Lap Swimming Only		
12:45	12:45 - 1:45 pm Open Swim & Full Length Laps							
1:45	1:45 - 3:00 pm Deep End Laps	12:45 - 5:45 pm Open Swim & Full Length Laps (1:15 - 2:50 PreSchool Swim Lessons in portion of shallow end)	1:45 - 3:00 pm Deep End Laps	12:45 - 4:45 pm Open Swim & Full Length Laps (1:00 - 3:00 Group Swim Lessons in portion of pool)	1:45 - 3:00 pm Deep End Laps	1 - 5 pm Family Swim & Full Length Laps		1 - 5 pm Family Swim & Full Length Laps
1:45	1:45 - 2:45 pm Older Adult Water Exercise		1:45 - 2:45 pm Older Adult Water Exercise		5:00 - 6:00 pm Aqua Jog		1:45 - 2:45 pm Older Adult Water Exercise	
3:00	3:00 - 5:45 pm Open Swim & Full Length Laps		3:00 - 5:45 pm Open Swim & Full Length Laps			Off-Site Swim Classes Stoney Creek Inn AquaFit Swim Class 6:00 - 7:00 pm Mon, Wed Illinois Veteran's Home Arthritis Swim Class 9:30 - 10:30 am Mon, Tues, Wed, Fri		
5:00								
6:00	6:00 - 7:00 pm Aqua Jog	5:45 - 7:30 pm Youth Swim Lessons (No Open Swim)	6:00 - 7:00 pm Aqua Jog	6:00 - 9:00 pm Open Swim & Full Length Laps	3:00 - 9:00 pm Open Swim & Full Length Laps			
6:00	6:00 - 7:00 pm Shallow End Half Laps		6:00 - 7:00 pm Shallow End Half Laps					
7:00	7:00 - 9:00 pm Open Swim & Full Length Laps	7:30 - 9:00 pm Open Swim & Full Length Laps	7:00 - 9:00 pm Open Swim & Full Length Laps					

Deep End Laps - Lap swimming in deep end only.

Open Swim & Full Length Laps - Two lap lanes open for lap swim, rest of pool open for family and public swim.

Shallow End Open Swim - No lap swimming, open swim in shallow end only.