

QUINCY FAMILY YMCA POOL SCHEDULE Summer Session June 21 - August 14

*Open swim is available during this time, however, space is very limited to one lane for laps, please check with the front desk before entering to lap swim, if attendance is high the lane may be closed.

	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						
7:30	7:30 - 11:00 am Deep End Laps		7:30 - 11:00 am Deep End Laps		7:30 - 10:30 am Deep End Laps	7:00 - 8:00 am Lap Swim Only	
7:30	7:30 - 8:30 am Aqua Aerobics		7:30 - 8:30 am Aqua Aerobics		7:30 - 8:30 am Aqua Aerobics		
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	8:00 - 10:00 am Open Swim & Full Length Laps	
9:30	9:30 - 10:30 am Water Exer. & Deep End Laps	9:30 - 10:30 am Aqua Jog	9:30 - 10:30 am Stretch and Flex	9:30 - 10:30 am Aqua Jog	9:30 - 10:30 am Water Exercise & Deep End Laps		
10:00	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	10:30 - 11:45 am Open Swim & Full Length Laps	10:30 - 11:45 am Open Swim & Full Length Laps	10:00 am - Noon Youth Swim Lessons (No Open Swim)	Open at 12 Noon
10:30	11:45 am - 12:45 pm Lap Swimming Only						
11:45	12:45 - 1:45 pm Open Swim & Full Length Laps					12 Noon - 1:00 pm Lap Swimming Only	
12:45	12:45 - 1:45 pm Open Swim & Full Length Laps					1 - 5 pm Family Swim & Full Length Laps	1 - 5 pm Family Swim & Full Length Laps
1:45	1:45 - 3:00 pm Deep End Laps	12:45 - 3:00 pm Open Swim & Full Length Laps	1:45 - 3:00 pm Deep End Laps	12:45 - 3:00 pm Open Swim & Full Length Laps	1:45 - 3:00 pm Deep End Laps		
1:45	1:45 - 2:45 pm Older Adult Water Exercise		1:45 - 2:45 pm Older Adult Water Exercise		1:45 - 2:45 pm Older Adult Water Exercise		
3:00	3:00 - 4:00 pm Camp Swim*	3:00 - 4:00 pm Camp Swim*	3:00 - 4:00 pm Camp Swim*	3:00 - 4:00 pm Camp Swim*	3:00 - 4:00 pm Camp Swim*	Off-Site Swim Classes Illinois Veteran's Home Arthritis Class 9:30 - 10:30 am Mon, Tues, Wed, Fri	
4:00	4:00 - 5:15 pm Open Swim	4:00 - 5:45 pm Open Swim	4:00 - 5:15 pm Open Swim	4:00 - 5:00 pm Open Swim			
5:15	5:15 - 6:00 pm AquaFit		5:15 - 6:00 pm AquaFit	5:00 - 6:00 pm Aqua Jog			
6:00	6:00 - 7:00 pm Aqua Jog	6:00 - 7:30 pm Youth Swim Lessons (No Open Swim)	6:00 - 7:00 pm Aqua Jog	New Times 6:00 - 7:30 pm Youth Swim Lessons (No Open Swim)	4:00 - 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	7:30 - 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.

Shallow End Half Laps - During water exercise, there is limited space for swimming in shallow end.