



KENNEBEC VALLEY YMCA

Pool Schedules: October 9-November 19

COMPETITION POOL

DAY	LAP SWIM	LESSONS & SWIM TEAM	FITNESS
Monday	5:00am-1:30pm (8) 3:00-3:30pm (8) 6:00-6:30pm (2) 6:30-8:00pm (8)	3:30-6:00pm Stingrays (8) 4:30-5:45pm Lessons (1) 5:45-6:30pm Lessons (2) 6:00-6:30pm Stingrays (4)	
Tuesday	5:00am-1:30pm (8) 3:00-3:30pm (8) 5:00-6:00pm (3) 6:00-7:00pm (4) 7:00-8:00pm (8)	3:30-5:00pm Stingrays (8) 5:00-6:00pm Stingrays (5)	6 :00-7 :00pm (4) Aqua Fit II
Wednesday	5:00am-1:30pm (8) 3:00-3:30pm (8) 6:00-6:30pm (2) 6:30-8:00pm (8)	3:30-6pm Stingrays (8) 4:30-6:30pm Lessons (2) 6:00-6:30pm Stingrays (4)	
Thursday	5:00am-1:30pm (8) 3:00-3:30pm (8) 5:00-6:00pm (2) 6:00-7:00pm (4) 7:00-8:00pm (8)	3:30-5pm Stingrays (8) 5:00-6pm Stingrays (5) 5:30-6:15pm Lessons (1)	6 :00-7 :00pm (4) Aqua Fit II
Friday	5:00am-1:30pm (8) 3:00-3:30pm (8) 6:00-6:30pm (4) 6:30-8:00pm (8)	3:30-6pm Stingrays (8) 5:30-6:15pm Lessons (1) 6:00-6:30pm Stingrays (4)	
Saturday	7:00-8:00am (4) 8:00-10:30am (8) 10:30-11:15am (6) 11:15am-12:00pm (8) 12:00-1:00pm (4) 1:00-4:00pm (8)	7:00-8:00am Stingrays (4) 10:30-11:15am Lessons (2)	12:00pm-1:00pm (4) Aqua Fit II
Sunday	7:00am-1:00pm (8)		

** POOL SCHEDULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF AQUATICS
& COMPETITIVE SWIMMING ** ** WE CLOSE FOR 30 MINUTES FOLLOWING THE LAST SIGHT OR SOUND OF LIGHTNING OR
THUNDER **

LAP SWIMMERS MAY HAVE TO CIRCLE SWIM

* Lap Lanes Available In () *



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KENNEBEC VALLEY YMCA

Pool Schedules: October 9-November 19

FAMILY FUN POOL			
DAY	OPEN SWIM	AQUA FITNESS CLASSES	LESSONS
Monday	6:00-8:00am 9:30-10am 11:00am-1:30pm 3:00pm-3:45pm 7:00-8:00pm	8:00am -9:00am Aqua Fit I. 9:00am-9:30am Joint Ventures 11:00am-12:00pm Aqua Fit II.	3:45-7:00pm
Tuesday	6:00am-8:00am 9:30am-10am 11:00am-1:30pm 3:00pm-8:00pm	8:00am-9:00am Aqua Fit I. 9:00am-9:30am Joint Ventures 11:00am-12:00pm Aqua Fit II.	
Wednesday	6:00am-8:00am 11:00am-1:30pm 3:00pm-3:45pm 7:00-8:00pm	8:00am-9:00am Aqua Fit I. 9:00am-10:00am Aqua Yoga	3:45pm-7:00pm
Thursday	6:00am-8:00am 11:00am-1:30pm 3:00pm-8:00pm	8:00am-9:00am Aqua Running 9:00am-9:30am Joint Ventures 12:30pm-1:30pm Aqua Fit II.	10:00am-10:30am
Friday	6:00am-8:00am 11:00am-1:30pm 3:00pm-8:00pm	8:00am-9:00am Aqua Fit I. 9:00am-9:30am Joint Ventures	10:00am-11am
Saturday	7:00am-9:00am 12:00pm-4:00pm		9:00am-12:00pm
Sunday	7:00am-1:00pm		

**** POOL SCHEDULES ARE SUBJECT TO CHANGE AT THE DISCRETION OF AQUATICS ****

**** "Open Swim" Children under the age of 10 years old must be accompanied by an adult****

Updated 10/3/17



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