



AQUA CLASS SCHEDULE

Effective 4/26/2021



	MON	TUES	WED	THURS	FRI	SAT
8:00AM-8:45AM	AQUA FIT (SHAYNA) \$	AQUA FIT (SHAYNA) \$	AQUA FIT (JACQUI) \$	AQUA FIT (KIM) \$	AQUA FIT (JACQUI) \$	
9:00AM-9:45AM	AQUA FIT (SHAYNA) \$		AQUA YOGA (DEBBIE OR JACQUI)		AQUA YOGA (JACQUI)	AQUA FIT II (LINDA) 9AM-10AM \$
11:15AM-12:00PM	AQUA FIT II (BARBARA) \$		AQUA FIT II (BARBARA) \$			

NEW POOL RULES

- Due to State of Maine and CDC Guidelines, we will be limiting the number of participants in our Family Fun Pool to 10 people (8 shallow, 2 deep) to allow for appropriate physical distancing.
- Please call 622-9622 up to 1 week in advance, or stop by the Welcome Center to reserve your spot in class.
- There is no evidence that COVID-19 can spread through water. To reduce the risk of person-to-person transmission we will be requiring participants to maintain a minimum of 6 feet of physical distance from others, while entering the pool, while exercising, and while exiting.
- According to state and CDC recommendations, we require you to wear your mask upon entering the facility and until you enter the pool area. Please store your mask in a plastic baggy with your name clearly written on it on the pool deck.
- Do not wear your mask while exercising in the pool.
- Lifeguard or instructor have right to ask you to leave class if guidelines are not being followed.

***(\$) **Indicates a Registration Fee is required to sign up for the class.**

Questions or Feedback?

Contact Natalie Corrigan, Aquatics Director at nataliec@kvymca.org or by calling 207-707-4769 or Kim Gagne, Health & Wellness Specialist at kim@kvymca.org or by calling 207-707-4772.