| Boothbay YMCA Pool Schedules 2-19 to 3-18, 2024 | | | | | | | 4 |
|---|---------------------|----------------------------|-----------------------------|-----------------------------|--------------------------|----------------------------|---|
| | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Emery Lap Pool | 5:30-8 | 6 Lanes Open | 3 Lanes Open | 6 Lanes Open | 3 Lanes Open | 6 Lanes Open | Opens at 7 AM, 6 Lanes Open |
| | 8-9 | No Lanes Open | 3 Lanes Open | No Lanes Open | 3 Lanes Open | No Lanes Open | 6 Lanes Open |
| | 9-11 | 6 Lanes Open | 3 Lanes Open | 6 Lanes Open | 6 Lanes Open | 6 Lanes Open | 6 Lanes Open |
| | 11-1 | Closed | Closed | Closed | Closed | Closed | |
| | 1-2 | 6 Lanes Open | 6 Lanes Open | 6 Lanes Open | 6 Lanes Open | 6 Lanes Open | |
| | 2-3 | 6 Lanes Open | 6 Lanes Open | 6 Lanes Open | Closed | Closed | |
| | 3-5 | 1 Lane Open | 1 Lane Open | 1 Lane Open | 1 Lane Open | 1 Lane Open | |
| | 5-6 | 6 Lanes Open | 3 Lanes Open | 6 Lanes Open | 3 Lanes Open | 6 Lanes Open | |
| Therapy Pool | 7-9 | Adult Therapy | Adult Therapy | Adult Therapy | Adult Therapy | Adult Therapy | Adult Therapy |
| | 9-11 | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim |
| | 11-1 | Closed | Closed | Closed | Closed | Closed | On Saturdays Please try to limit therapy pool time to 1 hour |
| | 1-2 | Adult Therapy | Adult Therapy | Adult Therapy | Closed | Closed | |
| | 2-3 | Adult Therapy | Adult Therapy | Adult Therapy | Adult Therapy | Adult Therapy | |
| | 3-6 | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | |
| Swim Team Classes & Lessons | 8:00 -8:50 AM | Aqua Combo | Aqua Fit | Aqua Combo | Aqua Fit | Aqua Combo | |
| | 9:30 -10:30 | | Swim Lesson 1/2 Therapy | | | Swim lesson 1/2 Therapy | |
| | 3:15 - 4:00 | Swim Lesson 1/2 Therapy | | Swim Lesson 1 Lane Emery | | | |
| | 4:00 - 4:45 | Swim Lesson 1/2 Therapy | Swim lesson 1 Lane Emery | | | | |
| | 5:15 - 6: | | Aqua Bootcamp 2 Lanes | | Aqua Bootcamp 2 Lanes | | |
| | 3-4 | Ages 11+ | Ages 13+ | Ages 11+ | Ages 13+ | Ages 11+ | Swim team will use 3 Lanes after March |
| | 4-5 | Ages 11+ | Ages 6-10 & 11+ | Ages 11+ | Ages 6-10 & 11+ | All ages | 7. More lanes available to swim. |

Pool Hours: 5:30-11:00 AM & 1:00-6:00 PM, Sat 7:00 AM - 11:00 AM **YMCA Hours**: M-TH 5:30 AM-8:00 PM, Fri 5:30 AM-7:00 PM, Sat 7:00 AM - 5:00 PM

YMCA Closed President's Day

Aqua classes: Join a variety of instructors in the Lap Pool for toning, cardio, and balance. Classic aerobic style, Tabata, or HIIT style classes. Aqua Combo, M,W,F Primarily Stationary. Aqua Fit, Tu,Th more movement. Aqua Boot camp Tu,Th lots of movement and deep end work.