

Boothbay YMCA Pool Schedules							
3/11 to 4/21, 2024							
Emery Lap Pool	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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	3 Lanes Open	3 Lanes Open	6 Lanes Open	6 Lanes Open	3 Lanes Open	
	2-4	6 Lanes Open	6 Lanes Open	5 Lanes Open	6 Lanes Open	6 Lanes Open	
	4-5	6 Lanes Open	5 Lane Open	6 Lanes Open	6 Lane Open	6 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	Adult Therapy	Adult Therapy *	
	2-3	Adult Therapy	Adult Therapy	Adult Therapy	Adult Therapy	Adult Therapy	
	3-6	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
Classes & Lessons	8:00 -8:45	Aqua Combo	Aqua Fit	Aqua Combo	Aqua Fit	Aqua Combo	
	9:30 -10:30		Swim Lesson 1/2 Therapy			Swim lesson 1/2 Therapy	
	9:00 -10:00		Special Olympics 3 Lanes Emery				
	11:00 -11:45		Southport Swim				
	1:00 -1:45	Second Grade Swim 3 Lanes	CTL Swimming 3 Lanes Emery			Second Grade Swim 3 Lanes	
	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 - 6:00		Aqua Bootcamp 3 Lanes		Aqua Bootcamp 3 Lanes		
	*Note:	All Second Grade and CTL lessons use part of the Therapy pool for 5-10 Minutes					

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

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.