



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE APRIL 24-JUNE 17

BOOTHBAY REGION YMCA

	Emery Pool- Lap Swim					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Aerobics (Free) M/W/F 8:00-8:45	5:30-8:00 6 Lanes	5:30-8:45 3 Lanes	5:30-8:00 6 Lanes	5:30-8:45 3 Lanes	5:30-8:00 6 Lanes	7:00-11:00 6 Lanes
Aqua Fit (Register \$) T/TH 8:00-8:45	8:45-11 6 Lanes	8:45-11 6 Lanes	8:45-11:00 6 Lanes	8:45-11 6 Lanes	8:45-11:00 6 Lanes	
Aqua Bootcamp (Register \$) *NEW* T/ TH 5:15-6:00	1:00-3:30 6 Lanes	1:00-5:00 6 Lanes	1:00-3:15 6 Lanes	1:00-5:00 6 Lanes	1:00-5:00 6 Lanes	
Aquatics with Andy (Free) T/TH 5:30-6:30 am	◇3:30-6:00 5 Lanes	3:30-5:15 5 Lanes	3:14-4:45 4 Lanes	5:15-6:00 3 Lanes	5:00-6:00 3 Lanes	
		5:15-6:00 3 Lanes	◇4:45-6:00 5 Lanes			
	Therapy Pool- Adult therapy/Open Swim					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Participant Led Aerobics (Free) 6:30-7:30am	7:00-8:45 Adult Therapy	7:00-8:45 Adult Therapy	7:00-8:45 Adult Therapy	7:00-8:45 Adult Therapy	7:00-8:45 Adult Therapy	7:00-8:00 Adult Therapy
Swimming Tips Please remember the therapy pool isn't designed to swim laps in. The therapy pool doesn't have backstroke flags, try and avoid this stroke in that pool.	8:45-11:00 Open Swim	8:45-9:30 Open Swim	8:45-11:00 Open Swim	8:45-11:00 Open Swim	8:45-10:00 Open Swim	8:00-11 Open Swim
		10:00-11:00 Open Swim			10:30-11:00 Open Swim	
	1:00-2:45 Adult Therapy	1:00-2:45 Adult Therapy	1:00-2:45 Adult Therapy	1:00-2:45 Adult Therapy	1:00-2:45 Adult Therapy	
				2:45-3:15 Open Swim		
	2:45-6:00 Open Swim	2:45-6:00 Open Swim	3:15-6:00 Open Swim	4:00-6:00 Open Swim	2:45-6:00 Open Swim	

Boothbay Region YMCA

P 207 633 2855 F 207 633 6865 boothbayregionymca.org

◇ Lessons during this time last 2 weeks ◇

Aquatics Director: David Washburn dwashburn@brymca.org

◇April 24-May 4◇