

# Boothbay YMCA Pool Schedules

8/26 to 10/12, 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Emery Lap Pool	5:30-7:50	6 Lanes Open	3 Lanes Open	6 Lanes Open	3 Lanes Open	6 Lanes Open	6 Lanes Open @7	
	8:00-8:50	No Lanes Open	4 Lanes Open	No Lanes Open	4 Lanes Open	No Lanes Open		
	8:50-11:00	6 Lanes Open	6 Lanes Open	5 Lanes Open	6 Lanes Open	6 Lanes Open		
	11:00-1:00	Closed						
	1:00-3:30	Closed	6 Lanes Open	6 Lanes Open	Closed	6 Lanes Open	When Ann Leach Pool is closed patrons have an opportunity to swim in lane 1 when available.	
	3:30-4:00	Closed						
	4:00-6:00	4 Lanes Open	Closed	Closed	4 Lanes Open	Closed	Sharing Lanes is encouraged.	
	Ann Leach Pool	5:00-7:00	Closed					
7:00-10:00		Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
10:00-11:00		*Open Swim *	1/2 Lesson 1/2 Open	*Open Swim *	*Open Swim*	*Open Swim *	Open Swim	
11:00-1:00		Closed						
1:00-3:30		*Open Swim*	Closed	Closed	* Open Swim*	Closed	<b>** Please be respectful of the adults using the pool for therapeutic reasons. **</b>	
3:30-4:00		Closed						
4:00-6:00		Closed	Open Swim	Open Swim	Closed	Open Swim		

**Adult Lessons:** Wednesdays, 9am-9:45am Ages: 18+ FM:\$50/M:\$65/NM:\$80

Have you always wanted to learn to swim? Do you wish to improve your swimming strokes? Join David in the lap pool for new tips & tricks to either gain confidence or tweak a current stroke. Maximum 5 participants.

**PRESCHOOL:** 1/2 Tuesdays, 10am-10:30am Ages: 3-5 FM:\$60/M:\$70/NM:\$80

Join David in the Ann Leach pool to work on the beginner level of swimming. Our primary focus is jumping in, going under the water, floating, and getting our arms and legs to move together. All swimmers will try everything at least once per lessons. Maximum 6 participants.

**AFTER-SCHOOL LESSONS:** Unfortunately, we are returning to a very small lifeguard staff. We are always looking for someone who wants to lifeguard or teach swim lessons, but until we gain either of these positions, there will be no after school or private lessons. Pool parties are also not available for Fall I.

**Swim Team Preseason:** Mondays, Thursdays 4:30-6:00pm, Ages: 9+ FM:\$40/ M:\$80

Join volunteer coaches to continue working on technique and endurance. Jumping start swimming before the full team season starts in October.

**Aqua Combo:** Mondays, Wednesdays, Fridays 8:00 - 8:45 am. Free with membership.

Join David or Erin for toning, cardio and balance work. Class taught in the classic aerobic style, HITT style or Tabata Style.

## Classes & Lessons