



BRYMCA EMERY POOL SCHEDULE

January 2nd– February 17th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 8am LAP SWIM (4 lanes) OPEN SWIM (2 Lanes)	5:30-8am LAP SWIM (2 lanes) AQUA COMBO (4 lanes)	5:30-8 am LAP SWIM (4 lanes) OPEN SWIM (2 Lanes)	5:30-8am LAP SWIM (2 lanes) AQUA COMBO (4 lanes)	5:30-8am LAP SWIM (4 lanes) OPEN SWIM (2 Lanes)	7:30-8:25am LAP SWIM (6 lanes)	1-4pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)
8 – 8:45 am AQUA COMBO	8-8:45am DEEP WATER AEROBICS	8-8:45am AQUA COMBO	8-8:45am DEEP WATER AEROBICS	8-8:45am AQUA COMBO	8:30am-10am YMCA Swim Lessons (1 Lane)	
9am –3:25pm LAP SWIM (4 Lanes) OPEN SWIM (2 Lanes)	9am –3:25pm LAP SWIM (4 Lanes) OPEN SWIM (2 Lanes)	9am –1pm LAP SWIM (4 lanes) OPEN SWIM (2 Lanes)	9am-3:30pm LAP SWIM (4 lanes) OPEN SWIM (2 Lanes)	9am-10:30am LAP SWIM (4 Lanes) OPEN SWIM (2 Lanes)	LAP SWIM (3 Lanes) OPEN SWIM (2 Lanes)	
		1-2pm Southport Swim (5 Lanes) LAP SWIM (1 LANE)	9- 10:30 am 2nd Grade Swim **Starts February 1st** LAP SWIM (4 lanes)	9-10:30am SPECIAL EDUCATION SWIM		
		2-3:25pm LAP SWIM (4 Lanes) OPEN SWIM (2 Lanes)		10:35am-3:30pm LAP SWIM (4 Lanes) OPEN SWIM (2 lanes)	10-4pm LAP SWIM (3 lanes) OPEN SWIM (3 Lanes)	
3:30-5pm DOLPHIN SWIM TEAM PRACTICE (5 Lanes) LAP SWIM (1 Lanes)	3:30-5pm DOLPHIN SWIM TEAM PRACTICE (4 Lanes) SWIM LESSONS (1 LANE) LAP SWIM (1 LANE)	3:30pm-5pm DOLPHIN SWIM TEAM PRACTICE (4 Lanes) SWIM LESSONS (1 LANE) LAP SWIM (1 LANE)	3:30-5pm DOLPHIN SWIM TEAM PRACTICE (5 Lanes) LAP SWIM (1 Lanes)	3:30-5pm DOLPHIN SWIM TEAM PRACTICE (6 Lanes)	POOL SCHEDULES ARE SUBJECT TO CHANGE DOLPHINS SWIM MEET JANUARY 6 HIGH SCHOOL SWIM MEETS January 5th, 23rd, 26th, and 30th During Swim Meets the pools and sauna will be closed to the public. We apologize for any inconvenience.	
5pm-5:30pm LAP SWIM (6 lanes)	5pm-5:30pm LAP SWIM (6 lanes)	5pm-5:30pm LAP SWIM (6 lanes)	5pm-5:30pm LAP SWIM (6 lanes)	5pm-5:30pm LAP SWIM (6 lanes)		
5:30pm-7pm HIGH SCHOOL SWIM TEAM (6 lanes)	5:30pm-7pm HIGH SCHOOL SWIM TEAM (6 lanes)	5:30pm-7pm HIGH SCHOOL SWIM TEAM (6 lanes)	5:30pm-7pm HIGH SCHOOL SWIM TEAM (6 lanes)	5:30pm-7pm HIGH SCHOOL SWIM TEAM (6 lanes)		



BRYMCA THERAPY POOL SCHEDULE

January 2nd– February 17th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9am OPEN THERAPEUTIC (ADULTS ONLY)	5:30-9am OPEN THERAPEUTIC (ADULTS ONLY)	5:30-9am OPEN THERAPEUTIC (ADULTS ONLY)	5:30-9am OPEN THERAPEUTIC (ADULTS ONLY)	5:30-10am OPEN THERAPEUTIC (ADULTS ONLY)	8am-10:40am YMCA Swim Lesson	1-4pm OPEN SWIM
9-9:45am AQUATIC STRETCH & BALANCE	9-9:45am AQUATIC STRETCH & BALANCE	9-9:45am AQUATIC STRETCH & BALANCE	9-10am YMCA TODDLER SWIM LESSONS	10-11:45am YMCA MONTESSORI SWIM LESSONS	10:40am-4pm OPEN SWIM	POOL PARTY RENTALS with Open Swim 11am-12pm 2pm-3pm
9:45am-10:25am SWIM LESSONS	9:45am-2pm OPEN SWIM	9:45am-1pm OPEN SWIM	10-2pm OPEN SWIM	11:45am-3pm OPEN SWIM	POOL PARTY RENTALS with Open Swim 2-3pm	
10:30am- 7pm OPEN SWIM	2pm-4pm CLOSED Lincoln Health Physical Therapy	1-2pm Southport Swim	2pm-4pm CLOSED Lincoln Health Physical Therapy			
	4pm-5pm YMCA Swim Lessons	2-7pm OPEN SWIM	4-7pm OPEN SWIM			
	5-7pm OPEN SWIM			3-4pm YMCA Fit Kidz 3-7pm OPEN SWIM		

OPEN SWIM

- Children ages 6-10 years must be accompanied by an adult at all times in the pool area.
- Children under 6 and non swimmers must be accompanied by an adult in the water at all times.
- Swim tests are given to anyone 18 and under; life jackets must be worn if the swim test is not passed.

LAP SWIM: Pool open to lap swimmers ages 14 and over; must be swimming laps.

SAUNA: The Sauna is open the hours that Emery Pool is open.

BOOTHBAY REGION YMCA
207-633-2855

POOL SCHEDULES ARE SUBJECT TO CHANGE