



BOOTHBAY REGION YMCA EMERY POOL SCHEDULE

FALL I : September 5- October 7, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 8am LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	5:30-8am LAP SWIM (2 lanes) AQUA COMBO/ SWIM LESSONS* (4 lanes)	5:30-7:15am LAP SWIM (3 lanes) OPEN SWIM (3 lanes) 7:15-7:40am SWIM LESSONS* (2 lanes) LAP SWIM (4 lanes)	5:30-8am LAP SWIM (2 lanes) AQUA COMBO (4 lanes)	5:30-7:15am LAP SWIM (3 lanes) OPEN SWIM (3 lanes) 7:15-7:40am SWIM LESSONS* (2 lanes) LAP SWIM (4 lanes)	7:30-8:30am LAP SWIM (3 lanes) OPEN SWIM (3 lanes) 8:30-9:10am SWIM LESSONS (2 lanes) LAP SWIM (4 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	9:10am-1pm OPEN SWIM
9am - 1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	9am - 1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	9am - 1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	9am-1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	9-10:30am SPECIAL ED SWIM 10:45am-1pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	
1-2pm CLOSED	1-2pm CLOSED	1-2pm CLOSED (Southport Swim)	1-2pm CLOSED	1-2pm CLOSED	1-4pm LAP SWIM (3 lanes) OPEN SWIM (3 Lanes)
2-6pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	2-4:45pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes) 4:45-6:10pm Swim Lessons (2 lanes) LAP SWIM (4 lanes)	2-6pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	2-7pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	2-7pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	
6-7pm AQUA DANCE (3 lanes) LAP SWIM (3 lanes)	6:10 - 7pm LAP SWIM (3 lanes) OPEN SWIM (3 lanes)	6-7pm AQUA DANCE (3 lanes) LAP SWIM (3 lanes)			

POOL SCHEDULES ARE SUBJECT TO CHANGE

***New for Fall! Adult Group Swim Lessons on Tuesday, Wednesday and Friday mornings from 7:15-7:40am.**

See reverse for Therapy Pool schedule & pool information. Aquatic Center guidelines are available at www.boothbayregionymca.org.



BOOTHBAY REGION YMCA THERAPY POOL SCHEDULE

FALL I : September 5- October 7, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30-9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30-9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30-9am OPEN THERAPEUTIC (ADULTS ONLY)	7:30-9am OPEN THERAPEUTIC (ADULTS ONLY)	8-9:15am OPEN THERAPEUTIC (ADULTS ONLY)
9-9:45am AQUATIC STRETCH & BALANCE	9:15-10:40AM SWIM LESSONS	9-9:45am AQUATIC STRETCH & BALANCE	9-9:45am AQUATIC STRETCH & BALANCE	9:15-11:40am YMCA TODDLER & MONTESSORI LESSONS	9:15-11:30am SWIM LESSONS
9:45-11:10am SWIM LESSONS	10:40am-1pm OPEN SWIM	9:45am-1pm OPEN SWIM	9:45-10:25am SWIM LESSONS	11:40am-1pm OPEN SWIM	11am-12pm OPEN SWIM
11:10am-1pm OPEN SWIM			10:25-1pm OPEN SWIM		12-1pm RENTALS
1-2pm CLOSED	1-3pm CLOSED (LincolnHealth Physical Therapy)	1-2pm CLOSED	1-3pm CLOSED (LincolnHealth Physical Therapy)	1-2pm CLOSED	1-4pm OPEN SWIM
2-7pm OPEN SWIM	3:30-4:40pm SWIM LESSONS	2-7pm OPEN SWIM	3-7pm OPEN SWIM	2-3pm OPEN SWIM	
	4:40 - 7pm OPEN SWIM			3-4pm YMCA Fit Kidz	
				4-7pm OPEN SWIM	

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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 the Emery Pool is open.

BOOTHBAY REGION YMCA
207-633-2855
BOOTHBAYREGIONYMCA.ORG