

Therapy Pool Schedule

January 21 - February 19, 2012



Waldo County YMCA
 ★We build strong kids, strong families, strong communities.★

157 Lincolnville Ave, Belfast, ME 04915 ★ 207-338-4598 ★ www.waldocountnymca.org

Saturday	Sunday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
YMCA Closed	YMCA Closed	5:00 - 5:30 AM	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed
		5:30 - 6:00 AM					
		6:00 - 6:30 AM					
		6:30 - 7:00 AM					
		7:00 - 7:30 AM					
Pool Closed		7:00 - 8:30 AM	Therapeutic Open 7:00 - 8:30 ADULTS ONLY	Therapeutic Open 7:00 - 8:30 ADULTS ONLY	Therapeutic Open 7:00 - 8:30 ADULTS ONLY	Therapeutic Open 7:00 - 8:30 ADULTS ONLY	Therapeutic Open 7:00 - 8:30 ADULTS ONLY
Level 1/2 9:00-9:45		8:00 - 8:30 AM	Aquacizing 8:30-9:30	Aqua Yoga 8:30-9:30	Aquacizing 8:30-9:30	Aqua Yoga 8:30-9:30	Aquacizing 8:30-9:30
Level 2 10:00-10:45		8:30 - 9:00 AM	Private Lessons	Pool Closed WCGH Therapy Appointments 9:30 - 1:00	YMCA PreSchool	Pool Closed WCGH Therapy Appointments 9:30 - 1:00	1st Grade Swim Safety
PreSchool		9:00 - 9:30 AM	Private Lessons		Family Swim 10:45 - Noon		Family Swim*
Parent/Child		9:30 - 10:00 AM	Family Swim 10:45 - Noon		1st Grade Swim Safety		1st Grade Swim Safety
Pool Closed	10:00 - 10:30 AM	1st Grade Swim Safety	Therapeutic Open ADULTS ONLY 1-2pm		Therapeutic Open ADULTS ONLY 1-2pm		
Family Swim 12:30-2:00	10:30 - 11:00 AM	Therapeutic Open ADULTS ONLY 1-2pm	Therapeutic Open ADULTS ONLY 1-2pm		Therapeutic Open ADULTS ONLY 1-2pm		
Pool Closed	11:00 - 11:30 AM	Private Lessons	Pool Closed	Pool Closed	Pool Closed	Pool Closed	
Rental Available 2:30-3:30	11:30 AM - Noon	Private Lessons	Level 2 3:30 - 4:15	Private Lessons	Chi-Gong 3:30-4:30	Family Swim 3:30-4:30	
Rental Available 3:30-4:30	12:30 - 1:00 PM	Private Lessons	Private Lessons	After Care 4:15 - 5:00	Pool Closed	Arthritis 4:45-5:30	
Pool Closed	1:00 - 1:30 PM	Therapeutic Open ADULTS ONLY 4-5pm	Private Lessons	Level 3 5:00 - 5:45	Therapeutic Open ADULTS ONLY 5-6pm	Pool Closed	
YMCA Closed	1:30 - 2:00 PM	Intro to Aqua Exercise 5:00-6:00	Pool Closed	Family Swim 6:00-7:30	Family Swim 6:00-7:30	Family Swim 6:00-7:30	
	2:00 - 2:30 PM	Family Swim 6:00-7:00	Pool Closed	Pool Closed	Pool Closed	YMCA Closed	
	2:30 - 3:00 PM	H2O Warriors 7:00-8:00	Pool Closed	Pool Closed	Pool Closed		
	3:00 - 3:30 PM	Pool Closed					
	3:30 - 4:00 PM						
	4:00 - 4:30 PM						
	4:30 - 5:00 PM						
	5:00 - 5:30 PM						
	5:30 - 6:00 PM						
	6:00 - 6:30 PM						
	6:30 - 7:00 PM						
	7:00 - 7:30 PM						
	7:30 - 8:00 PM						
	8:00 - 8:30 PM						
	8:30 - 9:00 PM						

*NO Family Swim on the 3rd Friday of the month

FEES: Lap & Open Swim
 Free - Annual & 3-Month Members
 Daypass - Non-members
 \$5/youth
 \$10/adult
 \$20/family maximum

AGE REQUIREMENTS - Open Swim Times:

- Children under 6 must remain within arms reach of an adult.
- Children 6 to 10 must have an adult present in the natatorium.
- Children 10 to 12 must have an adult present in the building.

Anyone under 14 is required to take a swim test and wear a green bracelet in order to swim in the deep-end.