



# WALDO COUNTY YMCA Therapy Pool Schedule

Summer Swim Lessons  
Islesboro Swim: July 19 & 26, August 2 & 9

Sunday July 16 - Saturday August 26, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday		
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	5:00 - 5:30 AM	YMCA Closed	YMCA Closed		
					5:30 - 6:00 AM				
					6:00 - 6:30 AM				
					6:30 - 7:00 AM				
Therapeutic Open 7:00 - 8:30am 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	7:00 - 7:30 AM	Summer Camps end on August 18	YMCA Closed		
Aqua Cardio 8:30-9:30	Self Directed Exercise 8:30-9:30	Aqua Cardio 8:30-9:30	Aqua Yoga ♥ 8:30-9:30	Aqua Cardio 8:30-9:30	7:30 - 8:00 AM				
Pool Closed	Pool Closed WCGH Therapy Appointments 9:30 - 1:00	Islesboro Summer Swim 9:30-11:00	Pool Closed WCGH Therapy Appointments 9:30 - 1:00	Pool Closed	8:00 - 8:30 AM				
Family Swim (max 25) 11:00-12:00		Family Swim (max 25) 11:00-12:00		Family Swim (max 25) 11:00-12:00	Family Swim (max 25) 11:00-12:00			8:30 - 9:00 AM	
Private Lessons		Pool Closed		Private Lessons	Cornerspring Montessori Summer Swim 12-1			9:00 - 9:30 AM	
Private Lessons					9:30 - 10:00 AM			Pool Closed	Pool Closed
Therapeutic Open ADULTS ONLY 1-2pm	Therapeutic Open ADULTS ONLY 1-2pm	Therapeutic Open ADULTS ONLY 1-2pm	Therapeutic Open ADULTS ONLY 1-2pm	Therapeutic Open ADULTS ONLY 1-2pm	10:00 - 10:30 AM				
Camp Koda 2:00-2:45 & 2:45-3:30	Camp Sakari 2:00-2:45 Private Lessons	Camp Koda 2:00-2:45 & 2:45-3:30	Camp Sakari 2:00-2:45 Private Lessons	Camp Koda 2:00-2:45 & 2:45-3:30	10:30 - 11:00 AM				
PS1 Pike 3:30-4:00	Private Lessons	Private Lessons	Private Lessons	Family Swim (max 25) 3:30-4:30	11:00 - 11:30 AM				
PS2 Ray 4:00-4:30	L1 Pollywog 4:00-4:45	L2 Guppy 4:00-4:45	Private Lessons	Arthritis ♥ 4:45-5:30	11:30 AM - Noon				
Parent-Child 4:30-5:00		Arthritis ♥ 4:45-5:30	Pool Closed	Arthritis ♥ 4:45-5:30	Noon 12:30 PM				
Therapeutic Open ADULTS ONLY 5:15-6:00		Therapeutic Open 5:30 - 6:30	Therapeutic Open 5:15-6:00	Pool Closed	12:30 - 1:00 PM				
Family Swim (max 25) 6:00-7:30	Family Swim (max 25) 6:00-7:30	Pool Closed	Family Swim (max 25) 6:00-7:30	YMCA Closed	1:00 - 1:30 PM				
Pool Closed	Pool Closed		Pool Closed		1:30 - 2:00 PM				
					2:00 - 2:30 PM				
					2:30 - 3:00 PM				
					3:00 - 3:30 PM				
					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				

Pool schedules are subject to change at the discretion of the Aquatics Department.

**AGE REQUIREMENTS - Open Swim Times:**

- Children 6 and under must remain within arms reach of an adult in the Natatorium.
- Children 7 to 10 must have an adult present in the natatorium.
- Children 11 and 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.

	Family Swim		Adult Therapy
	Aqua Fitness		Bluefish
	Swim Lessons		Youth Development
	Lap Swim		Rental

**Natatorium Summer Hours**  
June 4 - August 26, 2017  
Monday-Thursday 5:30am- 7:30pm  
Fridays: 5:30am-5:30pm  
Saturdays 8:00am-2:00pm