

WEEKDAYS

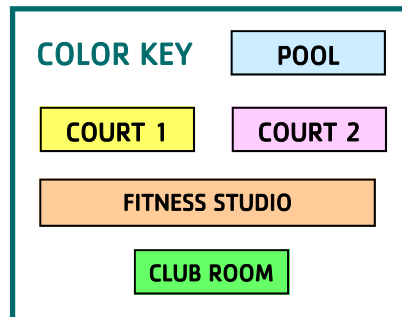
PISCATAQUIS REGIONAL YMCA PROGRAM SCHEDULE - FEB. 27TH TO APRIL 15TH

★ Free Classes for Y Members

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
5:30 - 6:00	★ Video Fitness		Cycle Circuit Training	Cycle Circuit Training	★ Video Fitness	5:30 - 6:00
6:00 - 7:00	★ Monday Madness Indoor Cycling		Indoor Cycling	Indoor Cycling ★ Thurs Thriller	Indoor Cycling	6:00 - 7:00
7:00 - 8:30	★ Senior Social Swim	★ Senior Social Swim	★ Senior Social Swim	★ Senior Social Swim	★ Senior Social Swim	7:00 - 8:30
8:30-9:30	★ Low-Impact Water Aerobics ★ Latin Dance Aerobics	★ Low-Impact Water Aerobics ★ Step & More	★ Low-Impact Water Aerobics Indoor Cycling ★ Boot Camp	★ Low-Impact Water Aerobics Step & More	★ Low-Impact Water Aerobics ★ Step & More	8:30-9:30
9:30 - 10:00	★	★ Static Stretch	★ Wakeup Yoga ★ Gym & Swim	★ Static Stretch	★ Water Aerobics ★ Senior Stretch/Strength ★ Senior Wally Ball	9:30 - 10:00
10:00-10:30	★ Senior Fit Stretch & Strength ★ Senior Wally Ball	★ Qi Gong ★ Parent & Me Yoga	★ Senior Wally Ball	★ Senior Fit Cardio	★ Qi Gong ★ Tai Chi	10:00-10:30
10:30-11:00		★ Tai Chi			★ Parent & Me Pike/Eel	10:30-11:00
11:00-Noon	★ Arthritic Pool Exercise		★ Arthritic Pool Exercise		★ Arthritic Pool Exercise	11:00-Noon
12:00 -3:30						12:00 -3:30
3:30 - 4:30	★ Teen Core Strength ★ Spanish Life, Language & Play	★ Teen Aqua Boot Camp Youth Fitness Training	★ Teen Preseason Sports Prep ★ Youth Dance	★ Teen Boot Camp		3:30 - 4:30
4:30 - 5:00						4:30 - 5:00
5:00 - 5:30						5:00 - 5:30
5:30 - 6:00	★ Beginner Aerobics ★ Indoor Cycling ★ Adult Dance	★ Adult Triathlon Training ★ Children Theatre Workshop ★ Step & More	★ Kids Triathlon Training ★ Pilates	★ Adult Racquetball ★ Indoor Cycling ★ Step & More ★ Superhero Training	★ Family Wallyball	5:30 - 6:00
6:00 - 6:30	★ All Abs	★ Yoga	★ Water Aerobics(6:15) ★ Boot Camp	★ Latin Dance Aerobics	★ Open Swim	6:00 - 6:30
6:30 - 7:30	★ Kid's Water Sports ★ Boot Camp				★ 1st Friday Free Community Swim	6:30 - 7:30

WEEKEND

Time	Saturday
8:00 - 8:30	Adult Swim Lessons
9:00 - 9:30	Skip's Kids Pool Club
9:30 - 10:15	Polliwog/Guppy Lessons
10:15 - 11:00	Fish/Minnow Lessons
Time	Sunday
3:00 - 4:00	Teen Weight Lifting Fitness Ctr.



Morton Avenue		
Sunday	Tuesday	Wednesday
Women's Basketball 3:00 - 4:00pm	High School Tennis Skills 3:15 - 4:30pm	Middle School Tennis Skills 3:30- 4:15pm
	Softball Pitching Skills 4:30 - 5:45pm	Grade 1 & 2 Indoor Soccer 4:30 - 5:30 pm
		Baseball Pitching Skills 6:00 - 7:30pm

Penquis Higher Ed. Center	
Thursday	
Adult Volleyball 7:00 - 9:00pm	

PISCATAQUIS REGIONAL YMCA

POOL SCHEDULE - FEB. 27TH TO APRIL 15TH



HOURS OF OPERATION

Monday thru Friday 5:00am - 8:00 pm

Saturday 7:00am - Noon

Sunday Noon - 3pm

The pool schedule varies from our facility hours. Please check the schedule for pool activities.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 7:00	★	Open Lap			
7:00 - 8:30	★	Senior Social Swim & Open Lap			
8:30 - 9:30	★	Low-Impact Water Aerobics & Open Lap			
9:30 - 10:30			★		★
			Open Swim / Gym & Swim		Water Aerobics
10:30-11:00				Private Rental	Parent & Me Swim Pike/Eel Lessons
					Open Lap
11:00 - Noon	★	Open Lap			
	Arthritic Pool Exercise	★	Arthritic Pool Exercise	★	Arthritic Pool Exercise
11:00 - Noon	★	Open Swim	★	Open Swim	★
Noon -2:00					
2:00 - 3:00		Private Rental			
3:00 -3:30		Open Swim			
3:30 - 4:00		★		★	
		Teen Aqua Boot Camp		Open Swim/Lap	Swim Teams
4:00 - 4:30	Swim Teams	Lap	Swim Teams		
4:30 - 6:00					
6:00 - 6:30					
6:30 -7:00	★	★	★		
	Open Swim/ Lap	Kid's Water sports	Swim Teams	Swim Teams	Open Swim/Lap (1st Friday Free Community Swim)
7:00 - 7:30			Water Aerobics(6:15) & Open Lap		★

INCLEMENT WEATHER POLICIES

The Piscataquis Regional YMCA will attempt to remain open and offering programs whenever possible, however we reserve the right to close during extreme weather conditions for the safety of our members as well as our staff. Assessment of the weather conditions and decisions of closure, delays or cancellation will be made throughout the day at 4:30 a.m., 11:00a.m. and 2:00 p.m. Closures, delays, or cancellations will be announced on WABI TV5, WLZ 2, and on 103.1 FM. We will also post on Facebook.

FITNESS CLASSES: If the facility is open, we will do our best to continue to offer programming for our members. If, however, an instructor is not able to make it to the building to teach, classes may be substituted with videos or DVD's whenever possible. If such videos are not available, we may need to cancel class for that day.

CHILDCARE: Snow Day Care: School Age After-Care will be available when MSAD#68 closes early do to inclement weather conditions. Please call us at the Y to register your child and let us know if we should be looking for your child to be arriving on bus 42.

If MSAD#68 is closed for an entire day due to inclement weather conditions the PRYMCA will be open for school aged children 8:00a.m.-5:30 p.m. . Children should plan to bring a lunch with them for the day.

Time	Saturday
7:15 - 8:00	Open Swim / Lap
8:00 - 8:30	Adult Swim Lessons ★
8:30 - 9:00	Open Swim / Lap
9:00 - 9:30	Skip's Kids Pool Club ★
9:30 - 10:15	Polliwog/Guppy Lessons
10:15-11:00	Fish/Minnow Lessons
11:00 -11:30	Open Swim ★
11:30- 11:45	

Time	Sunday
12:30 - 2:30	★
	Open Swim

★ Free Classes for Y Members



Preschool will follow the MSAD#68 schedule. If school is cancelled or released early, then there will not be preschool on that day.

Child Watch hours will stay in affect as long as the building is open. If there is an early closure or late opening then child watch will be adjusted at that time. For example: early closure 6:00 p.m. child watch will end at 6:00pm.