



FCY Pool Schedule for Turners Falls High School

January 3 - February 18, 2024 Updated 1/5/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 7:15 am Lap Swim	5:30 - 7:15 am Lap Swim	5:30 - 7:15 am Lap Swim	5:30 - 7:15 am Lap Swim	5:30 - 7:15 am Lap Swim
7:15 - 7:50 am Open Fitness / Leisure Lap	7:15 - 7:50 am Open Fitness / Leisure Lap	7:15 - 7:50 am Open Fitness / Leisure Lap	7:15 - 7:50 am Open Fitness / Leisure Lap	7:15 - 7:50 am Open Fitness / Leisure Lap
8 - 8:45 am HART	8 - 8:45 am Open fitness/ Lap swim	8 - 8:45 am HART	8 - 8:45 am Open fitness/ Lap swim	8 - 8:45 am HART
8:50 - 9:35 am Deep Water Fit	8:50 - 9:35 am Aquacize	8:50 - 9:35 am Deep Water Fit	8:50 - 9:35 am Aquacize	8:50 - 9:35 am Deep Water Fit
9:40 - 10:25 am WaterTherapy	9:40 - 10:10 am Aqua Meditation	9:40 - 10:25 am WaterTherapy	9:40 - 10:10 am Aqua Meditation	9:40 - 10:25 am WaterTherapy
10:30 - 11:15 am Aqua Tabata	10:15-11:00 POOL CLOSED	10:30 - 11:15 am Aqua Tabata	10:15 - 11:15 am Open Fitness/ Leisure Lap	10:30 - 11:15 am Aqua Tabata
11:15- 12 pm Open Fitness/ Leisure Lap	11:15- 12:00 pm Private Lesson/ Open Fitness	11:15- 12 pm Open Fitness/ Leisure Lap	11:15- 12 pm Private Lesson/ Open Fitness	11:15- 12 pm Private Lesson/ Open Fitness
12 - 12:45 pm Water Therapy	12 - 1:15 pm Lap Swim	12 - 12:45 pm Water Therapy	12 - 1:15 pm Lap Swim	12 - 12:45 pm Water Therapy
12:45 - 1:15 pm Lap Swim		12:45 - 1:15 pm Lap Swim		12:45 - 1:15 pm Lap Swim

Lifeguards have complete discretion to ensure safety for all our members.

Please respect all lifeguard decisions.

Swim sessions are limited to 25 participants per lifeguard on duty.

*** Bolded times indicate classes with added fees. ***

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.

The pool at Turners Falls High School is for active Y Members ONLY in good standing. Participants must be registered and enrolled in our Water Fitness / Therapy classes (drop-in is NOT allowed). Reservations are not required for Lap Swim, but members need to be active in our database.

Please check our website (www.your-y.org) for pool closures or delays due to inclement weather. This schedule will follow the Gill-Montague School District's snow day policies.

Thank you for your understanding.

Updated 1/5/24