



FCY Pool Schedule for Turners Falls High School

April 15th - April 19, 2024

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 Open fitness/leisure Lap	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- 11:50 am Open Fitness/ Leisure Lap	11:15- 11:50 am Lap Swim	11:15- 11:50 am Open Fitness/ Leisure Lap	11:15- 11:50 am Lap Swim	11:15- 11:50 am Open Fitness/ Leisure Lap
12-1:15 POOL CLOSED TFHS LIFEGUARD COURSE	12-1:15 POOL CLOSED TFHS LIFEGUARD COURSE	12-1:15 POOL CLOSED TFHS LIFEGUARD COURSE	12-1:15 POOL CLOSED TFHS LIFEGUARD COURSE	12-1:15 POOL CLOSED TFHS LIFEGUARD COURSE

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 direct any questions regarding the pool to the YMCA at 413-773-3646 ext 0.

Do not call the school with any questions.

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 3/19/24