



# FCY Pool Schedule for Turners Falls High School

April 22-May 1,2024

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
<b>8 - 8:45 am HART</b>	8 - 8:45 am Open fitness/ Lap swim	<b>8 - 8:45 am HART</b>	8 - 8:45 am Open fitness/ Lap swim	<b>8 - 8:45 am HART</b>
<b>8:50 - 9:35 am Deep Water Fit</b>	<b>8:50 - 9:35 am Aquacize</b>	<b>8:50 - 9:35 am Deep Water Fit</b>	<b>8:50 - 9:35 am Aquacize</b>	<b>8:50 - 9:35 am Deep Water Fit</b>
<b>9:40 - 10:25 am WaterTherapy</b>	<b>9:40 - 10:10 am Aqua Meditation</b>	<b>9:40 - 10:25 am WaterTherapy</b>	<b>9:40 - 10:10 am Aqua Meditation</b>	<b>9:40 - 10:25 am WaterTherapy</b>
<b>10:30 - 11:15 am Aqua Tabata</b>	10:15-11:00 POOL CLOSED	<b>10:30 - 11:15 am Aqua Tabata</b>	10:15 - 11:15 am Open Fitness/ Leisure Lap	<b>10:30 - 11:15 am Aqua Tabata</b>
11:15- 12 pm Open Fitness/ Leisure Lap	11:15- 12:00 pm Open Fitness/ Leisure Lap	11:15- 12 pm Open Fitness/ Leisure Lap	11:15- 12 pm Open Fitness/ Leisure Lap	11:15- 12 pm Open Fitness/ Leisure Lap
<b>12-12:45 Water Therapy</b>	12 - 1:15 pm Lap Swim	<b>12-12:45 Water Therapy</b>	12 - 1:15 pm Lap Swim	<b>12-12:45 Water Therapy</b>
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 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](http://www.your-y.org)) for pool closures or delays. Schedule will follow Gill-Montague School District's snow day policy. Thank you for your understanding.**

Updated 4/12/24