

| | Monday 星期一 | Tuesday 星期二 | Wednesday 星期三 | Thursday 星期四 | Friday 星期五 | Saturday 星期六 |
|-------------|--------------------------|---|--------------------------|---|-------------------------------|---|
| POOL | 1:00 - 3:30 JQES | 1:00 - 3:30 JQES | 1:00 - 3:30 JQES | 1:00 - 3:30 JQES | 2:25 - 3:20 JQES Swim Club | 9:15 - 10:00 Lap Swim |
| | 3:45 - 4:45 Open Swim | 3:45 - 4:45 Open Swim | 3:45 - 4:45 Open Swim | 3:45 - 4:45 Open Swim | 3:45 - 4:45 Open Swim | 10:15 - 11:00 Child Swim Lesson 1 |
| | 5:00 - 6:00 Red Oak | 5:00 - 6:00 Lap Swim | 5:00 - 6:00 Red Oak | 5:00 - 6:00 Lap Swim | 5:00 - 6:00 Lap Swim | 11:15 - 12:00 Child Swim Lesson 2 |
| | 6:15 - 7:15 Lap Swim | 6:15 - 8:30 QCC Youth Swim Clinic | 6:15 - 7:15 Lap Swim | 6:15 - 8:30 QCC Youth Swim Clinic | 6:15 - 7:15 Lap Swim | 12:15 - 1:00 Child Swim Lesson 3 |
| | 7:30 - 8:30 Open Swim | | 7:30 - 8:30 Open Swim | | 7:30 - 8:30 Open Swim | 2:30 - 3:30 Open Swim |
| | | | | | | 3:45 - 4:30 Open Swim |

QCC POOL RULES:

- * Children age 7 and younger must be supervised in the water by a parent/guardian during Open Swims.
- * Swim caps must be worn in the pool if you have collar length hair or longer. Swim caps and goggles are available for purchase for \$7 each at the QuincyCC Front Desk.

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|----------------------|-------------------------------------|--|---|-------------------------------------|---------------------------------------|---|
| GYM | 1:00 - 3:30 JQES | 1:00 - 3:30 JQES | 1:00 - 3:30 JQES | 1:00 - 3:30 JQES | 1:00 - 3:30 JQES | 9:15 - 10:45 Karate / Open Gym |
| | 3:30 - 4:30 Teen Open Gym | 3:30 - 5:45 Red Oak After School Program | 3:30 - 4:30 Arthur's Youth Lounge | 3:30 - 4:30 Teen Open Gym | 3:30 - 5:45 Teen Open Gym | 11:00 - 2:00 HS Girls Volleyball Clinic |
| | 4:45 - 5:45 Red Oak | | 4:45 - 5:45 Sports & Scholars | 4:45 - 5:45 Sports & Scholars | | |
| | 6:00 - 9:00 QCC Reserved Time | 6:00 - 7:00 QCC Sports | 6:00 - 7:00 State Basketball | 6:00 - 9:00 QCC Reserved Time | 6:00 - 9:00 QCC Open Volleyball | 2:00 - 4:45 QCC Open Volleyball |
| ACTIVITY ROOM | 3:30 - 5:15 Youth Time | 3:30 - 5:45 Youth Time | 3:30 - 5:45 Youth Time | 3:30 - 5:45 Youth Time | 3:30 - 5:45 Youth Time | 9:15 - 12:45 Weight Training |
| | 5:30 - 6:15 Youth Karate | | | | | |
| | 7:15 - 9:00 Karate | 6:00 - 9:00 Table Tennis | 6:00 - 9:00 Weight Training | 6:00 - 9:00 Table Tennis | 6:00 - 9:00 Weight Training | 1:00 - 2:45 Table Tennis |
| | | | | | | 3:00 - 4:45 Youth Time |

| Membership Fees | Yearly | Monthly | Drop In | <p>Schedule subject to change without notice. NO refunds or exchanges of memberships and/or program fees. Only league or rental participants are allowed in gym during scheduled times.</p> <p>時間表有可能改變。會員證不能退還。球隊時間不能有其他人在球場。</p> <p>所有8歲以下的兒童都必須有家長或負責任的成人在水中全程照顧和監督。</p> |
|--|--------------------------|----------------|----------------|--|
| Youth/Teen (Age 4-19) | \$5 | ----- | \$3 | |
| Adults (Age 20-64) | \$75 | \$10 | \$5 | |
| Seniors (Age 65+) | FREE, must show valid ID | | | |
| ** Valid membership required. Renewals are from last date of expiration. ** | | | | |
| BOSTrax membership card replacement (including seniors) | | | \$5 | |
| Member drop in fee without card (including seniors) | | | \$2 | |