



**Newport County YMCA**  
**March 1 -April 25**      **Pool Schedule**

	<b>ADULT LAP SWIM</b>	<b>SENIOR SWIM</b>	<b>FAMILY / YOUTH</b>	<b>WATER EXERCISE</b>
<b>Sunday</b>	7:00am-9:00am      5 Lanes 9:00am-2:45pm      3 Lanes 2:45pm-4:45pm      5 Lanes		<b>Family Swim</b> 12:30pm-2:45pm      3 Lanes	<b>Wahoo Lane</b> 10:00am-12:00pm      1 Lane
<b>Monday</b>	5:30am-7:00am      4 Lanes 7:00am-8:30am      5 Lanes 8:30am-9:30am      3 Lanes 9:30am-11:30am      1 Lane 11:30am-12:00pm      3 Lanes 12:00pm-1:00pm      5 Lanes 1:00pm - 2:30 pm      2 Lanes  7:30pm-9:45pm      4 Lanes		<b>Family Swim</b> 1:30pm-2:30pm      2 Lanes	<b>Aqua Jogging</b> 10:00-11:00am <b>Deep Water</b> 9:00-9:45am/6:00-6:45pm <b>Easy Water Fit +</b> 9:15am-10:00am <b>Easy Water Fit</b> 11:00am-11:45am <b>Water Aerobics</b> 8:30-9:15am/6:45-7:30pm
<b>Tuesday</b>	5:30am-8:45am      5 Lanes 8:45am-9:30am      3 Lanes 9:30am-11:00am      2 Lanes 11:00am-1:30pm      5 Lanes 1:30 pm - 2:30 pm      2 Lanes  8:00pm-9:45pm      4 Lanes	1:30pm-2:30pm      3 Lanes	<b>Family Swim</b> 6:35pm-8:00pm      3 Lanes	<b>Deep Water</b> 6:00pm-6:45pm  <b>Water Aerobics</b> 8:45am-9:45am
<b>Wednesday</b>	5:30am-7:00am      4 Lanes 7:00am-8:30am      5 Lanes 8:30am-9:30am      3 Lanes 9:30am-10:30am      1 Lane 10:30-12:15 am      3 Lanes 12:15pm-1:30pm      5 Lanes 1:30 pm - 2:30 pm      2 Lanes  7:30pm-9:45pm      4 Lanes	<b>Specal Olympics</b> 7:30pm-8:30pm	<b>Family Swim</b> 1:30-2:30pm      2 Lanes	<b>Deep Water</b> 9:00am-9:45am 6:00pm-6:45pm  <b>Easy Water Fit +</b> 9:15am-10:00am  <b>Water Aerobics</b> 8:30am-9:15am 6:45pm-7:30pm
<b>Thursday</b>	5:30am-8:45am      5 Lanes 8:45am-9:30am      3 Lanes 9:30-10:30 am      1 Lanes 11:00-11:30 am      2 Lanes 11:30am-1:30pm      3 Lanes 1:30 pm - 2:30 pm      2 Lanes  8:00pm-9:45pm      4 Lanes	1:30pm-2:30pm      3 Lanes	<b>Family Swim</b> 10:30-11:30 am      2 Lanes 6:35pm-8:00pm      3 Lanes	<b>Deep Water</b> 6:00pm-6:45pm  <b>Water Aerobics</b> 8:45am- 9:45am  <b>Easy Water Fit</b> 11:00am-11:45pm
<b>Friday</b>	5:30am-7:00am      4 Lanes 7:00am-8:30am      5 Lanes 8:30am-9:30am      3 Lanes 9:30am-11:00am      1 Lane 11:00am-11:30am      3 Lanes 11:30am-1:30pm      5 Lanes 1:30 pm - 2:30 pm      2 Lanes  8:00pm-9:45pm      5 Lanes	1:30pm-2:30pm      3 Lanes	<b>Family Swim</b> 6:15pm-7:00pm      3 Lanes 7:00pm-8:00pm      All Lanes	<b>Deep Water</b> 9:00am-9:45am  <b>Water Aerobics</b> 8:30am-9:15am <b>Easy Water Fit +</b> 9:15am-10:00am <b>Aqua Jogging</b> 10:00am-11:00am
<b>Saturday</b>	7:00am-9:00am      5 Lanes 2:30pm-5:30pm      5 Lanes 7:45pm-8:45pm      5 Lanes		<b>Youth Swim</b> 12:30pm-1:30pm      3 Lanes <b>Family Swim</b> 12:30pm-2:30pm      3 Lanes 5:30pm-7:45 pm      All Lanes	

\*\*\* Attention Swimmers: Please check the back of the schedule for pool closing dates & times



