



# Newport County YMCA

## Sept. 19 - Nov. 13 Pool Schedule

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	ADULT LAP SWIM	ACTIVITIES	FAMILY / YOUTH	WATER EXERCISE
<b>Sunday</b>	7:00-12:00pm 5 Lanes 12:00-2:45pm 3 Lanes 2:45-4:45pm 5 Lanes		Family Swim 12:00-2:45pm 3 Lanes	
<b>Monday</b>	5:00-8:30am 5 Lanes 8:30-9:30am 3 Lanes 9:30-11:00am 2 Lanes 11:00-11:45am 1 Lane 11:45-3:45pm 4 Lanes 6:00-8:00pm 2 Lanes 8:00-9:45pm 5 Lanes	<b>SWIM LESSONS</b> 9:30-11:00am 1 Lane 3:45-4:30pm 3 Lanes 4:30-6:00pm 2 Lanes <b>TAN</b> 10:00-11:30am 2 Lanes	Family Swim 1:30-2:30pm 2 Lanes <b>SWIM TEAM</b> 5:00-8:00pm 4 Lanes	<b>Aqua Jogging</b> 10:00-11:00am <b>Deep Water</b> 9:00-9:45am/3:30-4:15pm <b>Easy Water Fit</b> 9:15-10:00am <b>Easy Water Fit</b> 11:00-11:45am <b>Aqua Fit</b> 8:30-9:15am/4:15-5:00pm
<b>Tuesday</b>	5:00-8:30am 5 Lanes 8:30-11:00am 2 Lanes 11:00-11:45am 3 Lanes 11:45-3:45pm 4 Lanes 7:00-8:00pm 2 Lanes 8:00-9:45pm 5 Lanes	<b>SWIM LESSONS</b> 9:30-10:30am 1 Lane 10:30-11:00am 2 Lanes 4:30-6:00pm 2 Lanes 6:00-6:30 3 Lanes <b>Adaptive Program</b> 11:00-11:45 3 Lanes	Family Swim 6:35-8:00pm 2 Lanes <b>SWIM TEAM</b> 5:00-8:00pm 4 Lanes	<b>Deep Water</b> 10:00-10:45am 3:30-4:15pm <b>Aqua Fit</b> 8:30-9:30am
<b>Wednesday</b>	5:00-8:30am 5 Lanes 8:30-9:30am 3 Lanes 9:30-11:00am 2 Lanes 11:00-1:30pm 4 Lanes 1:30-2:30pm 4 Lanes 2:30-3:45pm 4 Lanes 6:00-7:00pm 1 Lane 8:15-9:45pm 5 Lanes	<b>SWIM LESSONS</b> 9:30-10:00am 1 Lane 10:00-11:00am 2 Lanes 11:00-12:00pm 1 Lane 3:45-6:00pm 2 Lanes <b>Adaptive Program</b> 7:00-8:15pm 2 Lanes	Family Swim 1:30-2:30pm 2 Lanes <b>SWIM TEAM</b> 5:00-8:00pm 4 Lanes	<b>Hydro Challenge</b> 9:15-9:45am <b>Hydro HIIT Deep</b> 10:00-10:45am <b>Easy Water Fit</b> 9:15-10:00am <b>Aqua Fit</b> 8:30-9:15am
<b>Thursday</b>	5:00-8:30am 5 Lanes 8:30-10:30am 3 Lanes 10:30-11:30pm 1 Lane 11:30-12:30pm 3 Lanes 12:30-3:45pm 4 Lanes 6:00-7:30pm 1 Lane 8:15-9:45pm 5 Lanes	<b>SWIM LESSONS</b> 9:30-11:00am 1 Lane 3:45-6:30pm 2 Lanes <b>Adaptive Program</b> 9:00-12:30pm 1 Lane 7:30-8:15pm 2 Lanes	Family Swim 10:30-11:30 am 2 Lanes 6:35pm-8:00pm 2 Lanes <b>SWIM TEAM</b> 5:00-8:00pm 4 Lanes	<b>Deep Water</b> 10:00-10:45am/3:30-4:15pm <b>Aqua Fit</b> 8:30- 9:30am/4:15-5:00pm <b>Aqua Jogging</b> 12:15-1:00pm <b>Easy Water Fit</b> 11:00-11:45am
<b>Friday</b>	5:00-8:30am 5 Lanes 8:30-9:30am 3 Lanes 9:30-10:00am 2 Lanes 10:00-11:30am 1 Lane 11:30-12:15pm 3 Lanes 12:15-3:45pm 4 Lanes 7:00-8:00pm 2 Lanes 8:00-9:45pm 5 Lanes	<b>TAN</b> 10:00-11:30am 2 Lanes <b>Adaptive Program</b> 11:15-12:15pm 2 Lanes 6:15-7:00 2 Lanes	Family Swim 6:00-7:00pm 3 Lanes 7:00-8:00pm 4 Lanes <b>SWIM TEAM</b> 4:00-6:00pm 6 Lanes	<b>Deep Water</b> 9:00-9:45am <b>Aqua Fit</b> 8:15-9:00am <b>Easy Water Fit</b> 9:15-10:00am <b>Aqua Jogging</b> 10:00-11:00am
<b>Saturday</b>	7:00-9:00am 5 Lanes 2:30-5:30pm 4 Lanes 5:30-7:30pm 1 Lane 7:30-8:45pm 4 Lanes	<b>SWIM LESSONS</b> 9:00AM-12:00PM 6 Lanes	<b>SWIM TEAM</b> 12:00-2:30pm 2 Lanes <b>Family Swim</b> 12:00-2:30pm 4 Lanes 5:30-7:30pm 5 Lanes	<b>Boot Camp</b> 8:00-9:00am

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

401-847-9200 X108

