



Newport County YMCA
Nov 13-Feb 28
Pool Schedule

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

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

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

*** Lap Lane Availability Subject To Change Without Notice

401-847-9200 X108