



Newport County YMCA
April 1-May 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 |
| | | 9:30-11:00am 1 Lane | 1:30-2:30pm 2 Lanes | 10:00-11:00am |
| | 8:30-9:30am 3 Lanes | | | Deep Water |
| | 9:30-11:00am 2 Lanes | 3:45-4:30pm 3 Lanes | | 9:00-9:45am/3:30-4:15pm |
| | 11:00-11:45am 1 Lane | 4:30-6:00pm 2 Lanes | | Easy Water Fit |
| | 11:45-2:30pm 4 Lanes | | | 9:15-10:00am |
| | 2:30-3:30pm 4 Lanes | | SWIM TEAM | Easy Water Fit |
| | | 5:00-8:00pm 4 Lanes | 11:00-11:45am | |
| | | Adaptive Program | | Shallow Water Fitness |
| | 8:00-9:45pm 5 Lanes | 7:00-7:45pm 1 Lane | | 8:30-9:15am/4:15-5:00pm |
| Tuesday | 5:00-8:30am 5 Lanes | SWIM LESSONS | Family Swim | |
| | | 9:30-11:00am 2 Lane | 6:35-8:00pm 1 Lane | Shallow Water Fitness |
| | 8:30-11:00am 2 Lanes | | | 8:30-9:30am |
| | 11:00-11:45am 3 Lanes | 4:30-6:30pm 2 Lanes | | |
| | 11:45-2:30pm 4 Lanes | Adaptive Program | | Deep Water |
| | 2:30-3:30 1 Lane | 11:00-11:45 3 Lanes | | 10:00-10:45am |
| | | 3:00-4:00pm 2 Lanes | SWIM TEAM | 3:30-4:30pm |
| | 8:00-9:45pm 4 Lanes | 8:00-8:45pm 2 Lanes | 5:00-8:00pm 4 Lanes | |
| Wednesday | 5:00-8:30am 5 Lanes | SWIM LESSONS | | |
| | | 9:30-10:00am 1 Lane | Family Swim | Shallow Water Fitness |
| | 8:30-9:30am 3 Lanes | | | 8:30-9:15am |
| | 9:30-11:00am 2 Lanes | 10:00-11:00am 2 Lanes | 1:30-2:30pm 2 Lanes | Easy Water Fit |
| | | 11:00-12:00pm 1 Lane | | 9:15-10:00am |
| | 11:30-1:30pm 4 Lanes | 3:45-6:00pm 2 Lanes | | Deep Water |
| | 1:30-2:30pm 4 Lanes | TAN | | 10:00-10:45am |
| | 2:30-3:45pm 4 Lanes | 10:00-11:30am 2 Lanes | | |
| | | SWIM TEAM | | |
| | | 5:00-8:00pm 4 Lanes | | |
| Thursday | 8:15-9:45pm 5 Lanes | | | |
| | 5:00-8:30am 5 Lanes | SWIM LESSONS | Family Swim | Deep Water |
| | | 9:30-11:00am 1 Lane | 10:30-11:30 am 2 Lanes | 10:00-10:45am/3:30-4:15pm |
| | 8:30-10:30am 3 Lanes | | | Shallow Water Fitness |
| | 10:30-11:30pm 1 Lane | 3:45-6:30pm 2 Lanes | 6:35pm-8:00pm 1 Lane | 8:30- 9:30am/4:15-5:00pm |
| | 11:30-12:30pm 3 Lanes | | | Aqua Jogging |
| | 12:30-2:30pm 4 Lanes | | | 12:15-1:00pm |
| 2:30-3:30pm 4 Lane | Adaptive Program | | Easy Water Fit | |
| | 9:00-12:30pm 1 Lane | SWIM TEAM | 11:00-11:45am | |
| | 7:30-8:15pm 1 Lane | 5:00-8:00pm 4 Lanes | | |
| Friday | 8:15-9:45pm 5 Lanes | | | |
| | 5:00-8:15am 5 Lanes | SWIM LESSONS | Family Swim | Shallow Water Fitness |
| | 8:15-9:30am 3 Lanes | | 6:00-7:00pm 3 Lanes | 8:15-9:00am |
| | 9:30-10:00am 2 Lanes | TAN | 7:00-8:00pm 4 Lanes | Deep Water |
| | 10:00-11:30am 1 Lane | 10:00-11:30am 2 Lanes | | 9:00-9:45am |

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|---|---------------|---------|-------------------------|--|--------------------|-------------------|-----------------------|
| | 11:30-12:15pm | 3 Lanes | | | | | Easy Water Fit |
| | 12:15-2:30pm | 4 Lanes | Adaptive Program | | | | 9:15-10:00am |
| | 2:30-3:30pm | 4 Lanes | 11:15-12:15pm | 2 Lanes | | | Aqua Jogging |
| | 7:00-8:00pm | 2 Lanes | 3:00-4:00pm | 2 Lanes | SWIM TEAM | | 10:00-11:00am |
| | 8:00-9:45pm | 5 Lanes | 6:15-7:00 | 2 Lanes | 4:00-6:00pm | 6 Lanes | |
| Saturday | 7:00-9:00am | 5 Lanes | SWIM LESSONS | | | | |
| | | | 9:00AM-12:00PM | 5 Lanes | | | |
| | 2:30-5:30pm | 4 Lanes | | | Family Swim | | |
| | 5:30-7:30pm | 1 Lanes | Adaptive Program | | 12:00-2:30pm | 3 Lanes | |
| | 7:30-8:45pm | 4 Lanes | 1:00-2:00pm | 3 Lanes | 5:30-7:30pm | 5 Lanes | |
| *** Attention Swimmers: Please check the back of the schedule for pool closing dates & times | | | | | | | |
| | | | | | | 401-847-9200 X108 | |
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