



Newport County YMCA
June 21 -Aug 28 **Pool Schedule**

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

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



