



Newport County YMCA April 21-June 15 Pool Schedule

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

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



