



Newport County YMCA
Nov. 28 -Feb. 18
Pool Schedule

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

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

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

401-847-9200 X108

