



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Labor Day Monday September 4th

Branch Hours: 6:00 am to 11:30 am

Pool Schedule:

Lap Swim (6)-6:00 – 7:30 am

Lap Swim (4)/Adult Rec (2)-7:30 – 9:00 am

Water Ex (Deep)/Adult Rec (Shallow) – 9:00-10:00 am

Family Swim (4)/Lap (2): 10:00-11:30 am

Group Exercise Schedule:

Yoga - 8:00-9:00 am (Doreen - APR)

Zumba - 9:15-10:15am (Tara - APR)

HIIT - 9:00 - 10:00am (Helga - Studio)

Water Ex (Deep) - 9:00-10:00am (Jean - Pool)

Gymnasium:

Open Gym: 6:00 am to 11:30 am

Kids Care Babysitting will be available from 9:00 am to 11:30 am

The mission of the YMCA of Greater Providence is to build healthy spirit, mind, and body for all through programs, services, and relationships that are based upon our core values of caring, honesty, respect, and responsibility.