

# South County YMCA



Nov 27th- Dec 23rd

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 lanes Lap Swim 5:00 AM-7:00 AM	5 lanes Lap Swim 5:00 AM-7:00 AM	5 lanes Lap Swim 5:00 AM-7:00 AM	5 lanes Lap Swim 5:00 AM-7:00 AM	5 lanes Lap Swim 5:00 AM-7:00 AM		
4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM	4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM	4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM	4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM	4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM	5 lanes Lap Swim 6:00 AM- 7:45 AM	5 lanes Lap Swim 6:00 AM- 8:30 AM
4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM	4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM	4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM	4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM	4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM	3 lanes Water Ex 2 lanes Lap Swim 7:45 AM-8:30 AM	3 lane Lap Swim* 2 lanes Open 8:30 AM-9:00 AM
3 lanes Lap Swim 2 lanes Adult Leisure 10:00 AM-11:00 AM	3 lanes Lap Swim 2 lanes Open 10:00 AM- 11:00 AM	3 lanes Lap Swim 2 lanes Adult Leisure 10:00 AM-12:00 PM	3 lanes Lap Swim 2 lanes Adult Leisure (Deep End) 2 Lanes Preschool Lessons (Shallow) 10:00 AM- 11:00 AM	3 lanes Lap Swim 2 lanes Adult Leisure 10:00 AM-11:30 AM	2 lanes Swim Lessons 3 lane Lap Swim 8:00 AM-9:15 AM	5 lanes Masters Swim 9:00 AM-11:45 AM
2 lanes Preschool Lessons 2 lanes Adult Leisure 1 lane Lap Swim 11:00 AM-12:00 PM	3 lanes Lap Swim 2 lanes Adult Leisure 11:00 AM-1:00 PM	5 lanes Lap Swim 12:00 PM-3:00 PM	2 Lanes Narragansett Ele. 1 lane Lap Swim 2 lanes Adult Leisure 11:00 AM- 12:00 PM	3 lanes Lap Swim 2 lanes Open 11:30 AM-12:30 PM	4 lanes Swim Lessons 1 lane Lap Swim 9:15 AM-11:00 AM	3 lanes Lap Swim 2 lanes Open Swim 11:45 AM- 3:30 PM
5 lanes Lap Swim 12:00 PM-3:00 PM	4 lanes Lap Swim 1 lane Open 1:00 PM- 3:00 PM	5 lanes Swim Team 3:00 PM-5:30 PM	4 lanes Lap Swim 1 lane Open 12:00 PM-3:00 PM	3 lanes Lap Swim 2 lanes Preschool/Open Swim 12:30 PM-1:15 PM	2 lanes Swim Lessons 3 lanes Lap Swim 11:00 AM- 12:00PM	5 lanes Lap Swim 3:30 PM-5:15 PM
5 lanes Swim Team 3:00 PM-5:30 PM	5 lanes Swim Team 3:00 PM- 5:30 PM	2 lanes Lap Swim 3 lanes Swim Lessons 5:30 PM-6:00 PM	5 lanes Lap Swim 12:00 PM-3:00 PM	5 lanes Lap Swim 1:15 PM- 3:00 PM	3 lanes Lap Swim * 2 lanes Open 12:00 PM-4:00 PM	
3 lanes Lap Swim 2 lanes Swim Lessons** 5:30 AM-6:15 PM	3 lanes Lap Swim 2 lanes Open 5:30 PM-6:00 PM	4 lanes Developmental Swim 1 lane Swim Lessons 6:00 PM- 7:00 PM	5 lanes Swim Team 3:00 PM-5:30 PM	5 lanes Swim Team 3:00 PM-6:30 PM	5 lanes Lap Swim 4:00 PM-5:15 PM	
3 lanes Water Ex 2 lanes Swim Lessons 6:15 PM-7:00 PM	5 lanes Masters Swim 6:00 PM- 8:45 PM	5 lanes Swim Team 7:00 PM -8:30 PM	3 lanes Lap Swim 2 lane Open/ OST Swim 5:30 PM-6:00 PM	5 lanes Developmental Swim 6:30 PM-7:30 PM		
5 lanes Swim Team 7:00 PM-8:30 PM	5 lanes Lap Swim 8:45 PM-9:15 PM	5 lanes Lap Swim 8:30 PM- 9:15 PM	5 lanes Masters Swim 6:00 PM-8:45 PM	5 lanes lap Swim 7:30 PM- 9:15 PM		
5 Lanes Lap Swim 8:30-9:15 PM			5 lanes Lap Swim 8:45 PM-9:15 PM			
	** Developmental Swim Starts Dec. 6th					

\* When there is no birthday party, there will be 3 lanes for Lap Swim and 2 lanes for Open Swim. Please check our Facebook page or call ahead.

Shaded grey blocks indicate that entire pool is closed during specified hours.

Over 75 hours of open Lap Swim

**\* Schedule subject to change without notice**

# South County YMCA

Lane lines can be moved at the discretion of lifeguards or Director on Duty to accommodate the most members possible in the pool

**WATER EXERCISE**- All water exercise classes are drop in; no pre-registration required. Classes are 45 minutes unless otherwise noted. For all deep water classes, participants are required to wear a water belt.

Shallow Water Therapy- Perfect for individuals recovering from an injury, just new to fitness, or those who have chronic medical issues that need a light workout. Classes combine light cardiovascular, range of motion, and strength training

Shallow Water- This is a cardiovascular conditioning class that will include some muscular strengthening exercises. Instructors will give levels of intensity in all classes.

Deep Water- This is a cardiovascular conditioning class that will include some muscular strengthening exercises. Instructors will give levels of intensity in all classes.

## **Water Exercise Schedule**

### **Shallow Water Therapy**

Tuesdays 8:45-9:30am and Thursdays 8:45-9:30am

### **Deep Water**

Mondays 8:00-8:45am, 8:45-9:30am, and 6:15-7:00pm, Tuesday 8:00-8:45am and 8:45-9:30am, Wednesdays 8:00-8:45am and 8:45-9:30am, Thursdays 8:00-8:45am and 8:45-9:30am, Fridays 8:00-8:45am and 8:45-9:30am, and Saturday 7:45-8:30am

### **Shallow Water**

Monday 8:00-8:45am and 8:45-9:30am, Tuesday 8:00-8:45am, Wednesdays 8:00-8:45am and 8:45-9:30am, Thursdays 8:00-8:45am, and Fridays 8:00-8:45am and 8:45-9:30am

## **Swim Lessons**

Swim lessons are for children 6 months to 12 years of age. They are designed to teach various ability levels from beginners who have never been in a pool before, up to more advanced swimmers who are learning techniques of all four swim strokes.

For more information please contact Meghan Baxter, Aquatics Director or Kristin Spirdione- Senior Swim Lesson Instructor, at 401-783-3900 ext 50303 or through email at mbaxter@gpymca.org.

Lessons are held Mondays and Wednesdays 5:30-7:00 pm and Saturdays 8:30

## **Lap Swim Etiquette**

1. Please check in with other swimmers in a lane before starting to swim.
2. Swimmers are expected to share lanes when needed:
  - 2 swimmers in a lane; split the lane in half
  - 3 or more swimmers per lane; CIRCLE swim staying to the right.
3. Please choose a lap lane with swimmers of similar speed/ability when possible.

**Lap Swim**- During lap swim, all swimmers MUST be continuously moving up and down the lanes swimming laps. Water exercise will NOT be allowed during lap swim times.

**Open**- When pool is designated with open lanes, it is for anyone to enjoy. This includes families with children, individuals that wish to perform water exercises, and adult leisure participants.