

South County YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 6th-May 27th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 lanes Lap Swim 5:00 AM-8:00 AM	5 lanes Lap Swim 5:00 AM-8:00 AM	5 lanes Lap Swim 5:00 AM-8:00 AM	5 lanes Lap Swim 5:00 AM-8:00 AM	5 lanes Lap Swim 5:00 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 lanes Lap Swim 8:00 AM-9:45 AM	3 lanes Lap Swim 2 lanes Open 8:00 AM- 9:00 AM	4 lanes Water Ex 1 lanes Lap Swim 8:00 AM-9:45 AM	4 lanes Water Ex 1 lanes Lap Swim 8:00 AM-9:45 AM	4 lanes Water Ex 1 lanes Lap Swim 8:00 AM-9:45 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-9:30 AM
3 lanes Water Ex 2 lanes Lap Swim 9:45 AM-10:30 AM	4 lanes Water Ex 1 lanes Lap Swim 9:00 AM-10:00 AM	3 lanes Water Ex 2 lanes Lap Swim 9:45 AM-10:30 AM	3 lanes Lap Swim 2 lanes Open 9:45 AM-10:30 AM	3 lanes Water Ex 2 lanes Lap Swim 9:45 AM-10:30 AM		
3 lanes Lap Swim 2 lanes Swim Lessons 10:30 AM-12:00PM	3 lanes Narragansett Elementary 2 lanes Lap Swim 10:00 AM- 10:45 AM	3 lanes Lap Swim 2 lanes Open 10:30 AM-12:00 PM	1 lanes Lap Swim 2 lanes Narragansett Elementary 10:30 AM-11:15 AM	3 lanes Lap Swim 2 lanes Open 10:30 AM-12:00 PM		
4 lanes Lap Swim 1 lane Open 12:00 PM- 3:00 PM	3 lanes Lap Swim 2 lanes Open 10:45 AM-12:00 PM	4 lanes Lap Swim 1 lane Open 12:00 PM-3:00 PM	3 lanes Lap Swim 2 lanes Open 11:15 AM-12:00 PM	4 lanes Lap Swim 1 lanes Open 12:00 PM-3:00 PM		
5 lanes Seals Practice 3:00 PM-6:30 PM	4 lanes Lap Swim 1 lane Open 12:00 PM-3:00 PM	5 lanes Seals Practice 3:00 PM-6:30 PM	4 lanes Lap Swim 1 lane Open 12:00 PM-3:00 PM	5 lanes Seals Practice 3:00 PM-6:30 PM	5 lanes Rec Swim and Swim Lessons 8:30 AM-12:00 PM	5 lanes Masters Practice 9:30 AM-12:05 PM
3 lanes Lap Swim 2 lanes Swim Lessons 5:30 PM-6:15 PM	5 lanes Seals Practice 3:00 PM-5:30 PM	3 lanes Swim Lesson 2 lanes Lap Swim 5:30 PM-6:00 PM	5 lanes Seals Practice 3:00 PM-5:30 PM	5 lanes Rec Swim 6:30 PM-7:30 PM	3 lanes Lap Swim * 2 lanes Open 12:00 PM-2:45 PM	3 lanes Lap Swim * 2 lanes Open 12:05 PM-4:00 PM
2 lanes Swim Lessons 3 lanes Water Ex 6:15 PM-7:00 PM	3 lanes Lap Swim 2 lanes Open 5:30 PM-6:00 PM	5 lanes Rec Team/Swim Lessons 6:00 PM-7:00 PM	3 lanes Lap Swim 2 lanes Open 5:30 PM-6:00 PM	3 lanes Lap Swim 2 lanes Open 7:30 PM-9:15 PM	5 lanes Special Olympics Program 2:45 PM-4:00 PM	5 lanes Lap Swim 4:00 PM-5:15 PM
3 lanes Lap Swim 2 lanes Open 7:00 PM-8:30 PM	5 lanes Masters Practice 6:00 PM-8:35 PM	3 lanes Lap Swim 2 lanes Open 7:00 PM-8:30 PM	5 lanes Masters Practice 6:00 PM-8:35 PM			
5 lanes Lap Swim 8:30 PM-9:15 PM	5 lanes Lap Swim 8:35 PM-9:15 PM	5 lanes Lap Swim 8:30 PM-9:15 PM	5 lanes Lap Swim 8:35 PM-9:15 PM			

* 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.

Portions of the pool will be available when you see this symbol

Lane lines can be moved at the descretion of lifegaurds or Director on Duty to accomodate the most members possible in the pool

* Schedule subject to change without notice

South County YMCA

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

Mondays 9:45-10:30 am, Wednesday 9:45-10:30 am, and Friday 9:45-10:30 am

Deep Water

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

Shallow Water

Mondays 8:00-8:45 am and 9:00-9:45 am, Tuesdays 9:00-9:45 am, Wednesdays 8:00-8:45 am and 9:00-9:45 am, Thursdays 9:00-9:45 am, Friday 8:00-8:45 am and 9:00-9:45 am

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.

Swim Teams

Seals Swim Team is a competitive swim team designated for children ages 8-18 years.

Practices run Monday through Friday 3:00-5:30 pm.

Masters Swim Team practices Tuesdays and Thursdays 6:00-8:35 pm and Sundays 9:30 am-12:05pm. Previous swim experience is required.

Rec Swim Team is designated as a developmental team that is more advanced than swim lessons, but not quite ready for the Seals Swim Team.

For more information please contact Joe Tarasevich at jtarasevich@gpymca.org

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 Krysta Downs, Aquatics Director, at 401-783-3900 ext 50321 or through email at kdowns@gpymca.org.

Lessons are held Mondays and Wednesdays 5:30-7:00 pm and Saturdays 8:30 am-12:00 pm

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.