

South County YMCA



August 7th- August 25th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>5 lanes Lap Swim 5:00 AM-7:00 AM</p> <p>4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM</p> <p>4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM</p> <p>3 lanes Camp Lessons 2 lanes Lap Swim 10:00 AM- 11:00 AM</p> <p>2 lanes Preschool Lessons 2 lanes Adult Leisure 1 lane Lap Swim 11:00 AM-12:00 PM</p> <p>3 lanes Lap Swim 2 lanes Open 12:00 PM-1:45 PM</p> <p>5 lanes Camp 1:45 PM-3:15 PM</p> <p>3 lanes Lap Swim 2 lanes Open 3:15 PM-5:30 PM</p> <p>3 lanes Lap Swim 2 lanes Swim Lessons 5:30 AM-6:15 PM</p> <p>3 lanes Water Ex 2 lanes Swim Lessons 6:15 PM-7:00 PM</p> <p>3 lanes Lap Swim 2 lanes Open 7:00 PM-8:30 PM</p> <p>5 Lanes Lap Swim 8:30-9:15 PM</p>	<p>5 lanes Lap Swim 5:00 AM-7:00 AM</p> <p>4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM</p> <p>4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM</p> <p>3 lanes Camp Lessons 2 lanes Adult Leisure 10:00 AM-11:30 AM</p> <p>3 lanes Lap Swim 2 lanes Open 11:30 AM-1:45 PM</p> <p>5 lanes Camp 1:45 PM-3:15 PM</p> <p>3 lanes Lap Swim 2 lanes Open 3:15 PM-8:00 PM</p> <p>5 lanes Lap Swim 8:00 PM-9:15 PM</p>	<p>5 lanes Lap Swim 5:00 AM-7:00 AM</p> <p>4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM</p> <p>4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM</p> <p>3 lanes Camp Lessons 2 lanes Lap Swim 10:00 AM-10:45 AM</p> <p>3 lanes Lap Swim 2 lanes Adult Leisure 10:45 AM-11:30 AM</p> <p>3 lanes Lap Swim 2 lanes Open 11:30 AM-1:45 PM</p> <p>5 lanes Camp 1:45 PM-3:15 PM</p> <p>3 lanes Lap Swim 2 lanes Open 3:15 PM-5:30 PM</p> <p>3 lanes Lap Swim 2 lanes Swim Lessons 5:30 PM-6:30 PM</p> <p>3 lanes Rec Swim 2 lanes Swim Lessons 6:30 PM- 7:00 PM</p> <p>4 lanes Rec Swim 1 lane Lap Swim 7:00 PM-7:30 PM</p> <p>5 lanes Lap Swim 7:30 PM -9:15 PM</p>	<p>5 lanes Lap Swim 5:00 AM-7:00 AM</p> <p>4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM</p> <p>4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM</p> <p>3 lanes Camp Lessons 2 lanes Preschool Lessons (Shallow End) 2 lanes Adult Leisure (Deep End) 10:00 AM-11:00 AM</p> <p>3 lanes Camp Lessons 2 lanes Adult Leisure 11:00 AM- 11:30 AM</p> <p>3 lanes Lap Swim 2 lanes Adult Leisure 11:30 AM-12:00 PM</p> <p>3 lanes Lap Swim 2 lanes Open 12:00 PM-1:45 PM</p> <p>5 lanes Camp 1:45 PM-3:15 PM</p> <p>3 lanes Lap Swim 2 lanes Open 3:15 PM- 6:30PM</p> <p>4 lanes Rec Swim 1 lanes Open 6:30 PM- 7:30 PM</p> <p>3 lanes Lap Swim 2 lanes Open 7:30 PM-9:15PM</p>	<p>5 lanes Lap Swim 5:00 AM-7:00 AM</p> <p>4 lanes Lap Swim 1 lane Adult Leisure 7:00 AM- 8:00 AM</p> <p>4 lanes Water Ex 1 lane Lap Swim 8:00 AM-10:00 AM</p> <p>3 lanes Lap Swim 2 lanes Adult Leisure 10:00 AM-11:30 AM</p> <p>3 lanes Lap Swim 2 lanes Open 11:30 AM-12:30 PM</p> <p>3 lanes Lap Swim 2 lanes Preschool/Open Swim 12:30 PM-1:15 PM</p> <p>5 lanes Camp 1:15 PM-3:15 PM</p> <p>3 lanes Lap Swim 2 lanes Open 3:15 PM- 6:30PM</p> <p>4 lanes Rec Swim 1 lanes Open 6:30 PM- 7:30 PM</p> <p>3 lanes Lap Swim 2 lanes Open 7:30 PM-9:15PM</p>	<p>5 lanes Lap Swim 6:00 AM- 7:45 AM</p> <p>3 lanes Water Ex 2 lanes Lap Swim 7:45 AM-8:30 AM</p> <p>4 lanes Swim Lessons 1 lane Lap Swim 8:30 AM-10:00 AM</p> <p>3 lanes Swim Lessons 2 lanes Lap Swim 10:00 AM- 11:30 AM</p> <p>3 lanes Lap Swim * 2 lanes Open 11:30 AM-4:00 PM</p> <p>5 lanes Lap Swim 4:00 PM-5:15 PM</p>	<p>5 lanes Lap Swim 6:00 AM- 8:30 AM</p> <p>3 lane Lap Swim* 2 lanes Open 8:30 AM-4:00 PM</p> <p>5 lanes Lap Swim 4:00 PM-5:15 PM</p>
<p>* 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.</p>						
<p>Shaded grey blocks indicate that entire pool is closed during specified hours.</p>						

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.