

South County YMCA Pool Schedule



January 2nd- February 25th AM Schedule
AM Schedule 5:00 AM - 12:00 PM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS
5:00 AM- 7:00 AM 5 lanes	Adult Leisure 1 lane 7:00 AM - 8:00 AM	5:00 AM- 7:00 AM 5 lanes	Adult Leisure 1 lane 7:00 AM- 8:00 AM	5:00 AM- 7:00 AM 5 lanes	Adult Leisure 1 lane 7:00 AM- 8:00 AM	5:00 AM- 7:00 AM 5 lanes	Adult Leisure 1 lane 7:00 AM- 8:00 AM	5:00 AM- 7:00 AM 5 lanes	Adult Leisure 1 lane 7:00 AM- 8:00 AM				
7:00 AM - 8:00 AM 4 lanes	Shallow Water Ex. 8:00 AM - 8:45 AM 4 lanes	7:00 AM- 8:00AM 4 lanes	Adult Leisure 8:00 AM- 9:00 AM 4 lanes	7:00 AM- 8:00AM 4 lanes	Shallow Water Ex. 8:00 AM- 8:45 AM 4 lanes	7:00 AM - 8:00 AM 4 lanes	Adult Leisure 8:00 AM- 9:00 AM 4 lanes	7:00 AM - 8:00 AM 4 lanes	Adult Leisure 8:00 AM- 9:00 AM 4 lanes	6:00 AM- 7:00 AM 5 lanes	Adult Leisure 1 lane 7:00 AM- 7:45 AM	6:00 AM-8:00 AM 5 lanes	Adult Leisure 1 lane 8:00 AM- 9:15 AM
8:00 AM - 11:30 AM 1 lane	Deep Water Ex. 8:15 AM - 9:00 AM 4 lanes	8:00 AM - 10:30 AM 1 lane	Deep Water Ex. 8:15 AM- 9:00 AM 4 lanes	8:00 AM - 10:30 AM 1 lane	Deep Water Ex. 8:15 AM- 9:00 AM 4 lanes	8:00 AM - 11:30 AM 1 lane	Deep Water Ex. 8:15 AM- 9:00 AM 4 lanes	8:00 AM - 11:30 AM 1 lane	Deep Water Ex. 8:15 AM- 9:00 AM 4 lanes	7:00 AM- 7:45 AM 4 lanes	Deep Water Ex. 7:45 AM- 8:30 AM	8:00 AM- 8:30 AM 4 lanes	Deep Water Ex. 8:30 AM- 9:15 AM
	Shallow Water Ex. 9:00 AM - 9:45 AM		Shallow Water Ex. 9:00 AM- 9:45 AM		Shallow Water Ex. 9:00 AM- 9:45 AM		Shallow Water Ex. 9:00 AM- 9:45 AM		Shallow Water Ex. 9:00 AM- 9:45 AM	7:45 AM- 8:30 AM 1 lane	Adult Leisure 4 shallow lanes 7:45 AM- 8:30 AM	8:30 AM - 9:30 AM 1 lane	Adult Leisure 4 shallow lanes 8:30 AM- 9:15 AM
	Deep Water Ex. 9:00 AM - 9:45 AM		Deep Water Ex. 9:00 AM- 9:45 AM		Deep Water Ex. 9:00 AM- 9:45 AM		Deep Water Ex. 9:00 AM- 9:45 AM		Deep Water Ex. 9:00 AM- 9:45 AM		Swim Lessons 8:30 AM- 12:00 PM 5 lanes		Masters Swim 9:30 AM- 12:00 PM
	Adult Leisure 4 lanes 9:45 AM- 10:30 AM		Adult Leisure 2 Deep Lanes 9:45 AM- 12:00PM		Adult Leisure 4 lanes 9:45 AM- 10:30 AM		Adult Leisure 2 Deep Lanes 9:45 AM- 12:00 PM		Adult Leisure 2 Deep Lanes 9:45 AM- 12:00 PM		Rec. Team 11:00 AM- 12:00 PM 4 lanes		
	Shallow Therapy Ex. 9:45 AM- 10:30 AM		Narragansett Elementary 10:00 AM- 10:45 AM		Shallow Therapy Ex. 9:45 AM- 10:30 AM		Family Swim 9:45 AM- 10:30 AM		Family Swim 9:45 AM- 10:30 AM		Swim Lessons 11:00AM- 12:00 PM 1 lane		
	Adult Leisure 2 lanes 10:30 AM- 12:00PM				Adult Leisure 2 Deep Lanes 10:30 AM- 12:00 PM		Narragansett Elementary 10:30 AM- 11:15 AM		Adult Leisure 2 deep lanes 10:30 AM- 12:00 PM				
	Pre-School Lessons 10:30 AM- 11:30				Family Swim 10:30 AM- 12:00 PM 2 shallow lanes		Pre-School Lessons 11:00 AM-11:30 AM		Family Swim 2 shallow lanes 10:30 AM- 12:00 PM				
11:30 AM - 12:00 PM 3 lanes	Family Swim 11:00 AM - 12:00 PM 2 shallow lanes	10:30 AM- 12:00 PM 3 lanes	Family Swim 11:00 AM- 12:00 PM 2 shallow lanes	10:30 AM- 12:00 PM 3 lanes	Family Swim 10:30 AM- 12:00 PM 2 shallow lanes	11:30 AM - 12:00 PM 3 lanes	Family Swim 2 Shallow Lanes 11:00 AM- 12:00 PM	11:30 AM - 12:00 PM 3 lanes	Family Swim 2 shallow lanes 10:30 AM- 12:00 PM	* When there is no birthday party there will be 2 lanes for family swim and 3 for lap swim, please check our Facebook page or call ahead.			

LAP SWIM Lap swim should be an orderly, continuous swim.

FAMILY SWIM Children under the age of 7 must have a parent/guardian (18+) in the pool within arm's reach.

WATER EXERCISE SHALLOW THERAPY - Perfect for individuals recovering from an injury, just new to fitness, or those who have chronic medical issues that need a light workout. Class combines 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. Class is held in the shallow water.

DEEP WATER - This is a cardiovascular conditioning class that will include some muscular strengthening exercise. Instructors will give levels of intensity in all classes. Class is held in the deep water and is for advanced swimmers only.

ADULT LEISURE is for ages 18 or older, who are welcome to exercise, socialize, or just relax.

Over 75 hours of lap swim available per week.

*** Schedule subject to change without notice**

South County YMCA Pool Schedule



January 2nd- February 25th

PM Schedule 12:00PM- 9:15PM

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS	LAP SWIM	PROGRAMS
12:00 PM-1:30 PM 5 lanes	Family Swim	12:00 PM-1:30 PM 5 lanes	Family Swim	12:00 PM-1:30 PM 5 lanes	Family Swim	12:00 PM-1:30 PM 5 lanes	Family Swim	12:00 PM-1:30 PM 5 lanes	Family Swim				
1:30 PM- 3:00 PM 4 lanes	1:30 PM- 3:00 PM 1 lane Seals Team 3:00 PM-5:30 PM 5 lanes	1:30 PM- 3:00 PM 4 lanes	1:30 PM- 3:00 PM 1 lane Seals Team 3:00 PM-5:30 PM 5 lanes	1:30 PM- 3:00 PM 4 lanes	1:30 PM- 3:00 PM 1 lane Seals Team 3:00 PM-5:30 PM 5 lanes	1:30 PM- 3:00 PM 4 lanes	1:30 PM- 3:00 PM 1 lane Seals Team 3:00 PM-5:30 PM 5 lanes	1:30 PM- 3:00 PM 3 lanes	1:30 PM- 3:00 PM 1 lane Seals Team 3:00 PM-6:30 PM 5 lanes	12:00 PM- 4:00 PM 3 lanes *	12:00 PM- 4:00 PM 2 lanes *	12:00 PM- 4:00 PM 3 lanes *	12:00 PM- 4:00 PM 2 lanes *
5:30 PM - 6:15 PM 3 lanes	Swim Lessons 5:30 PM-7:00 PM 2 lanes	5:30 PM - 6:00 PM 3 lanes	Family Swim 5:30 PM- 6:00 PM 2 lanes	5:30 PM - 6:00 PM 3 lanes	Swim Lessons 5:30 PM- 7:00 PM 2 lanes	5:30 PM - 6:00 PM 3 lanes	Family Swim 5:30 PM- 6:00 PM 2 lanes			4:00 PM- 5:15PM 5 lanes		4:00 PM- 5:15PM 5 lanes	
6:15 PM - 7:00 PM 1 lane	Deep Water Ex. 6:15 PM- 7:00 PM Shallow Water Ex. 6:15 PM- 7:00 PM				Rec. Team 6:00 PM- 7:00 PM 3 lanes			6:30 PM - 7:30 PM 1 lane	Rec. Team 6:30 PM - 7:30 PM 4 lanes				
8:30 PM- 9:15 PM 5 lanes	Seals Team 7:00 PM- 8:30 PM 5 lanes	8:25 PM- 9:15 PM 5 lanes	Masters Team 6:00 PM- 8:35 PM 5 lanes	8:35 PM- 9:15 PM 5 lanes	Seals Team 7:00 PM- 8:30 PM 5 lanes	8:35 PM- 9:15 PM 5 lanes	Masters Team 6:00 PM- 8:35 PM 5 lanes	7:30 PM- 9:15 PM 3 lanes	Family Swim 7:30 PM- 9:15 PM 2 lanes	* When there is no birthday party, there will be 2 lanes for family swim			

Over 75 hours of lap swim available per week.

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