



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kent County YMCA

January-February Aquatics

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-9:55am	Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-7:55am	Lap/ Leisure swim 6:00am-8:00am
Lap 9-10 2 Lanes	Water Fitness with Gina 10am-11am	Lap 9-10 2 Lanes	Lap 9-10 2 Lanes	Lap 9-10 2 Lanes	Swim Lessons 8am-12:45pm 4 Lanes	Lap 8-9 1 Lane
Lessons 9-10 2lanes	Lap/ Leisure swim 11am-12pm	Lessons 9-10 2lanes	Lessons 9-10 2lanes	Lessons 9-10 2lanes		Swim Lessons 8am-9am 3 Lanes
Water Fitness with Fatima 10am-11am	Water Fitness with Fatima 10am-11am	Water Fitness with Fatima 10am-11am	Water Fitness with Fatima 10am-11am	Water Fitness with Fatima 10am-11am		9am-12:15 2 Lanes
Swim Lesson 11-1 1 Lane	Lap Swim 12pm-2 3 Lanes	Swim Lesson 11am-4pm 1 Lane	Lap/ Leisure swim 11am-12pm	Swim Lesson 11am-2pm 1 Lane		Masters Swim 9-11 2 Lanes
Baystate Physical Therapy 11-1pm 1 Lane	Baystate Physical Therapy 12pm-3pm 1 lane	Family Swim 11pm-12pm 3 Lanes	Lap Swim 12pm-2 3 Lanes	Baystate Physical Therapy 12pm-3pm 1 lane	Lap Swim 11p-12p 3 Lanes	Birthday Party 11-12
Family Swim 11-1p 2 lanes	Family Swim 2pm-3pm 3 Lanes	Lap Swim 12pm-1pm 3 Lanes	Family Swim 2pm-3pm 3 Lanes	Family Swim 11p-12p 3 Lanes	Lap Swim 12p-2 3 Lanes	Family swim 12:15pm-1:45pm
Lap/ Leisure swim 1pm-2pm	Swim Lessons 3pm-6pm 1 Lane	Swim Lesson 11am-4pm 1 Lane	Family Swim 2pm-3pm 3 Lanes	Swim Lesson 11am-2pm 1 Lane	Family swim 12:45pm-1:45pm	Family swim 12:15pm-1:45pm
Lap Swim 2pm-4pm 2 Lanes	Swim Team 3pm-5pm 3 Lanes	Lap Swim 1pm-4pm 2 Lanes	Swim Team 2pm-3pm 3 Lanes	Lap Swim 2pm-4pm 2 Lanes	Swim Team 2pm-5pm	Swim Team 2pm-4pm
Family Swim 2pm-4pm 2 Lanes	Swim Team 3pm-5pm 3 Lanes	Family Swim 1pm-4pm 2 Lanes	Swim Lessons 3pm-5pm 1 Lane	Family Swim 2pm-4pm 2 Lanes	*LAP SWIM HOURS ARE CIRCLE SWIM*	
Swim Team Swim Lesson 4pm-7pm	Swim Team 5pm-7pm	Swim Team 4pm-7pm	Swim Team 3pm-5pm 3 Lanes	Swim Team 4pm-6pm	*NOTE THAT ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.*	
Swim Lessons 1 Lane	Family Swim 7-7:45PM 2 Lanes	Masters Swim Team 7pm-8pm	Swim Team 5pm-7pm	Swim Team 4pm-6pm	*THIS SCHEDULE IS EFFECTIVE JAN. 1-FEB. 24, 2023*	
Masters Swim Team 7pm-8pm	Lap Swim 7-7:45 PM 2 Lanes		Swim Lessons 1 Lane	Swim Team 4pm-6pm		
			Lap Swim 7-7:45PM 3 Lanes	Swim Team 4pm-6pm		
			Family swim 6pm-7:45pm	Swim Team 4pm-6pm		