



September Aquatics Schedule 2023

Kent County YMCA

THIS SCHEDULE IS EFFECTIVE
September 11th- September 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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-8:55am	Lap/ Leisure swim 6:00am-8:55am	Lap/ Leisure swim 6:00am-7:00am	Lap/ Leisure swim 6:00am-7:45am
Lap 9-9:55 2 Lanes	Leisure 9-9:55 2 Lanes	Lap 9-9:55 2 Lanes	Leisure 9-9:55 2 Lanes	Lap 9-9:55 2 Lanes	Leisure 9-9:55 2 Lanes	Lap 9-9:55 2 Lanes
Water Fitness with Brit 10am-11am	Water Fitness with Brit 10am-11am	Water Fitness with Brit 10am-11am	Water Fitness with Brit 10am-11am	Water Fitness with Brit 10am-11am	Water Fitness with Brit 10am-11am	Water Fitness with Brit 10am-11am
Lap 11:10- 12:10 2 Lanes	Family 11:10- 12:10 2 Lanes	Lessons 11-12 1 Lane	Lap 11:10-12 3 Lanes	Lap 11:10- 12:10 2 Lanes	Family 11:10- 12:10 2 Lanes	Lessons 11-12 1 Lane
Lap 12:10pm-2:55pm 4 Lanes	Lap 12pm-3:15pm 4 Lanes	Lap 12:10pm-2:55pm 4 Lanes	Lap 12:00pm-3:15pm 4 Lanes	Lap 12:10pm-2:55pm 4 Lanes	Lap 12:10pm-2:55pm 4 Lanes	Lap 12:10pm-2:55pm 4 Lanes
Lessons 3:00 4:15 2 Lanes	Family 3:00 4:15 2 Lanes	Swim Team 3:30-7:00 4 Lanes	Lessons 3:00 4:15 2 Lanes	Team 3:00- 4:30 2 Lanes	Swim Team 3:30-7:00 4 Lanes	Family 3:00pm- 3:55pm 4 Lanes
Swim Team 4:30-730 4 Lanes	Lap 7:05- 7:45 2 Lanes	Family 7:05- 7:45 2 Lanes	Swim Team 4:30-730 4 Lanes	Lap 7:05- 7:45 2 Lanes	Family 7:05- 7:45 2 Lanes	Swim Team 4:00-6:00 4 Lanes
Masters 7:30pm- 8:45pm 2 Lanes	Lessons 7:30pm- 8:10pm 2 Lanes	Masters Swim 7:30-845 4 Lanes	Lap 7:05- 7:45 2 Lanes	Family 7:05- 7:45 2 Lanes	Swim Team 4:00-6:00 4 Lanes	Family 6:00pm- 7:45pm 4 Lanes

Swim Lessons
8:30am-12:30pm

Family swim
12:30pm-1:55pm

Swim Team
2:00-5:00
4 Lanes

Swim Team
2:00-4:00
4 Lanes

Family swim
11:15pm-1:45pm

Birthday Party
11-12

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NOTE THAT ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

IN ACCORDANCE WITH RHODE ISLAND STATE LAW Section 16.4; Cleansing showers are required prior to entering swimming or wading pools, hot tubs or spas

If the lifeguards do not see that your bathing suit and skin are visibly wet you WILL NOT be allowed to enter the pool.

Lap Swim

Continuously swimming from one end to the other.

Leisure

Light swimming, Aqua jogging or Water aerobics.

Water Fitness

Instructor lead class

This class is set to music to keep you motivated! Every class includes a warm-up, cardio, strength-training exercises, and, cooldown. Exercises may include water walking, bicep curls, and leg lifts, most water workouts are done in the shallow end of the pool.

Family Swim

Ideal for families who want to spend some quality pool time together in a friendly and safe environment. A parent or guardian must be present in the water for anyone under the age of 6 and or anyone wearing a flotation device.

Swim Lessons

Swim Lessons run in session of 6-8 weeks. We offer lessons for ages 6 months old to 99 years old, in a group or a private lesson setting.

Please Email btoro@gpymca.org with any swim lesson questions

Swim Team

Swim Team runs September to March, April- July
Try-outs are required.

The Kent County Sea Otters rages in ages from 5-18!

Masters Swim Team

Masters Swim Team runs from September to June.

Ages 18+, registration required

Pool Rules

- All bathers must take a cleansing shower with soap and hot water prior to entering the Aquatic Venue
- Any person who currently has or had diarrhea within the prior two weeks is prohibited from using the Aquatic Venue
- Any person with an infectious and/or communicable disease shall be prohibited from utilizing the swimming pool, including persons with open lesions, blisters and/or cuts or rashes
- Hyperventilation or extended breath holding activities are prohibited
- Spitting, spouting water, and blowing the nose in the swimming pool are prohibited
- Running, boisterous, or rough play in the swimming pool and surrounding areas are prohibited
- Pets and other animals are prohibited within the swimming pool and pool deck area
Service animals with appropriate The Americans with Disabilities Act paperwork are welcome
- Food and drink within the swimming pool and pool deck are prohibited including any glassware. Water in plastic containers is allowed
- Swimmers ages 6 & under must be accompanied in the water by an adult (18+) regardless of child's swimming ability. The adult must remain within arm's reach of the child
- Swimmers ages 7-10 must have an adult (18+) remain on the pool deck

A deep end test is given to anyone under the age of 18 who would like to swim in the deep end. The deep end test is swimming one length (25 yards) of the pool on your stomach, one length of the pool on your back, and treading water for 1 minute

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