



March Aquatics Schedule

Kent County YMCA

*Updated: 3/15/24

Monday	Tuesday		Wednesday	Thursday			Friday	Saturday	Sunday	
Lap/Leisure 4 Lanes 6:00am - 9:55am	Lap/Leisure 4 Lanes 6:00am - 9:00am		Lap/Leisure 4 Lanes 6:00am - 9:55am	Lap/Leisure 4 Lanes 6:00am - 9:55am			Lap/Leisure 4 Lanes 6:00am - 8:30am	Lap/Leisure 4 Lanes 6:00am - 6:55am	Lap/Leisure 4 Lanes 6:00am - 7:55am	
Water Fitness 4 Lanes 10:00am - 11:00 am	Lap 3 Lanes 9:00am - 9:55 am	Lessons 1 Lane	Water Fitness 4 Lanes 10:00am - 11:00 am	Water Fitness 4 Lanes 10:00am - 11:00 am			Lap 3 Lanes 8:30am - 9:55 am	Lessons 1 Lane 7:00am - 7:55am	Masters 2 Lanes 8:00am - 11:00am	Lessons 2 Lanes
Lap 2 Lanes 11:05 am - 12:00pm	Family 2 Lanes		Water Fitness 4 Lanes 10:00am - 11:00 am	Lap 2 Lanes 11:05 am - 12:00pm	Family 2 Lanes		Lap/Leisure 4 Lanes 10:00am - 11:00 am	Lessons 4 Lanes 8:00am - 12:30pm	Birthday Party 4 Lanes 11:00am - 12:00pm	
Lap/Leisure 4 Lanes 12:05pm - 3:00pm	Lap 3 Lanes 11:00 am - 3:30pm	Phys. Ther. 1 Lane	Lap/Leisure 4 Lanes 12:05pm - 3:25pm	Lap 3 Lanes 11:35pm - 3:30pm		Phys. Ther. 1 Lane	Lap 2 Lanes 11:05 am - 1:00pm	Family 4 Lanes 12:35pm - 2:45pm	Family 4 Lanes 11:15am - 1:45pm	
Lap 3 Lanes 3:00pm - 4:00pm	Lessons 1 Lane		Lap/Leisure 4 Lanes 3:30pm - 5:30pm	Lap 3 Lanes 3:30pm - 6:00pm	Starters 1 Lane			Lap/Leisure 4 Lanes 1:00pm - 4:55pm	Lap/Leisure 4 Lanes 2:50pm - 4:45pm	
Lap/Leisure 4 Lanes 4:00pm - 5:30pm	Lap 2 Lanes 5:30pm - 7:45pm	Family 2 Lanes	Family 4 Lanes 6:00pm - 7:25pm	Lap 2 Lanes 5:30pm - 7:45pm			Family 2 Lanes	Lap 3 Lanes 5:00pm - 6:00pm	<div>*Subject to change without notice.</div>	
Family 4 Lanes 5:30pm - 7:25pm			Masters 4 Lanes 7:30pm - 8:45pm				Family 4 Lanes 6:00pm - 7:45pm			
Masters 4 Lanes 7:30pm - 8:45pm	<div>***<u>RI General Law</u>: Cleansing showers, at the facility, are required prior to entering the pool. We reserve the right to deny access.</div>									

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, in accordance with the Americans with Disabilities Act 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

**IN ACCORDENCE WITH RHODE ISLAND STATE LAW Section 16.4:
Cleansing showers are required prior to entering a swimming pool.**

**We reserve the right to deny access to anyone who has not
showered at the facility.**