



April Aquatics Schedule

Kent County YMCA

April Vacation Week 4/15 - 4/21

*Updated: 4/11/24

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 - 10:45am	Lap/Leisure 4 Lanes 6:00am - 7:55am
Water Fitness 4 Lanes 10:00am - 11:00 am	Lap Lessons 3 Lanes 1 Lane 9:00am - 9:55 am	Water Fitness 4 Lanes 10:00am - 11:00 am	Water Fitness 4 Lanes 10:00am - 11:00 am	Lap Lessons 3 Lanes 1 Lane 8:30am - 9:55 am	Family 4 Lanes 11:00am - 4:00pm	Masters Lessons 2 Lanes 2 Lanes 8:00am - 11:00am
Lap Family 2 Lanes 2 Lanes 11:05 am - 12:55pm	Water Fitness 4 Lanes 10:00am - 11:00 am	Lap Family 2 Lanes 2 Lanes 11:05 am - 12:55pm	Lap Lessons Phys. Ther. 1 Lane 2 Lanes 1 Lane 11:00 am - 11:35am	Water Fitness 4 Lanes 10:00am - 11:00 am	Lap/Leisure 4 Lanes 4:00pm - 4:45pm	Birthday Party 4 Lanes 11:00am - 12:00pm
OST 4 Lanes 1:00pm - 2:00pm	Lap Phys. Ther. 3 Lanes 1 Lane 11:00 am - 12:55pm	OST 4 Lanes 1:00pm - 2:00pm	Lap Phys. Ther. 3 Lanes 1 Lane 11:35pm - 12:55pm	Lap / Lesson Family 1Ln / 1 Ln 2 lanes 11:00am - 11:55am		Family 4 Lanes 11:15am - 1:45pm
Lap/Leisure 4 Lanes 2:05pm - 3:00pm	OST Phys. Ther. 3 Lanes 1 Lane 1:00pm - 2:00pm	Lap/Leisure 4 Lanes 2:05pm - 3:25pm	OST Phys. Ther. 3 Lanes 1 Lane 1:00pm - 2:00pm	Lap Family 2 Lanes 2 Lanes 12:00 am - 12:55pm		
Lap Lessons 3 Lanes 1 Lane 3:00pm - 4:00pm	Lap/Leisure Phys. Ther. 3 Lanes 1 Lane 2:05pm - 3:30pm	Swim Team 4 Lanes 3:30pm - 6:30pm	Lap/Leisure Phys. Ther. 3 Lanes 1 Lane 2:05pm - 3:25pm	OST 4 Lanes 1:00pm - 2:00pm		
Lap/Leisure 4 Lanes 4:00pm - 5:30pm	Lap/Leisure 4 Lanes 3:30pm - 4:55pm	Lap/Leisure Family 2 Lanes 2 Lanes 6:30pm - 7:25pm	Swim Team 4 Lanes 3:30pm - 7:00pm	Lap/Leisure 4 Lanes 2:05pm - 3:55pm		
Family 4 Lanes 5:30pm - 7:25pm	Swim Team 4 Lanes 5:00pm - 7:00pm	Masters 4 Lanes 7:30pm - 8:45pm	Lap Family 2 Lanes 2 Lanes 7:00pm - 7:45pm	Swim Team Starters 3 Lanes 1 Lane 4:00pm - 6:00pm		
Masters 4 Lanes 7:30pm - 8:45pm	Lap Family 2 Lanes 2 Lanes 7:00pm - 7:45pm			Family 4 Lanes 6:00pm - 7:45pm		

***Subject to change without notice.**

****RI General Law:**
Cleansing showers, at the facility, are required prior to entering the pool.
We reserve the right to deny access.

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.**