



We build strong kids, strong families, strong communities.

East Side/Mt. Hope YMCA February 9- April 1, 2010 (2/23/10)

**Schedule subject to change*www.ymcagreaterprovidence.org*

SWIMATHON Saturday March 27th-Pool open for participants and swim lessons only

Lap Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:30am 5	5:30-9:15am 5	5:30-8:30am 5	5:30-9:15am 5	5:30-8:30am 5	6:45-8:00am 5	7:00-9:00am 5
8:30-10:30am 2	9:15-10:30am 2	8:30-10:30am 2	9:15-10:30am 2	8:30-10:30am 2	8:00-8:50am 3	*Pool closed
10:30-11:30am 3	10:30-11:30am 1	10:30-11:30am 1	10:30-11:30am 3	10:30-11:30am 1	12:00-1:00pm 5	9:00-9:15am
11:30-2:00pm 5	11:30-2:00pm 5	11:30-2:00pm 5	11:30-12:50pm 5	11:30-2:00pm 5		NO LAP 9:15-10:15am
2:00-3:15pm 3	2:00-3:30pm 3	2:00-3:15pm 3	1:00-3:30pm 3	2:00-4:00pm 3	*1:00-3:00pm	10:15-11:15am 3
3:15-4:00pm 1	3:30-8:00pm 1	3:15-4:00pm 1	4:30-8:00pm 1	5:15-6:00pm 1	3:00-5:30pm 2	11:15-12:15pm 1
4:30-6:00pm 1	8:00-8:45pm 3	4:30-6:00pm 1	8:00-8:45pm 3	6:00-8:30pm 2	*Lanes Available if	12:15-1:00pm 3
6:00-6:30pm 3		6:00-6:45pm 2			rental is not	*1:00-3:00pm
6:30-8:00pm 2		7:30-8:45pm 3			scheduled	3:00-5:30pm 2
8:00-8:45pm 5						

Open Swim

Children under the age of 11 must be accompanied by a parent or guardian (at least 18 yrs of age) in the pool area. Children who need a floatation device and are under the age of 6 must be accompanied by a parent or guardian into the pool.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-11:30am 2	10:30-11:30am 2	10:30-11:30am 2	10:30-11:30am 2	10:30-11:30am 2		9:15-11:15am 1/2
2:00-4:00pm 2	2:00-4:00pm 2	2:00-4:00pm 2	2:00-3:30pm 2	2:00-4:30pm 2	1:00-3:00pm 2	12:15-3:45pm 2
7:15-8:00pm 2	7:00-7:45pm (Shallow End)	6:30-8:30pm 2	7:00-7:45pm 2 (Shallow End)	6:00-8:30pm 3	3:00-5:30pm 3	

Groups/Swim Lessons

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-11:30am 2	10:30-11:30am 2	10:30-11:30am 2	1:00-2:00pm 2	10:30-11:30am 2	8:15-9:00am 2	Y Tri 9:15-10:15am 3/4 lanes starts Feb 21-May
3:15-4:30pm 2	3:45-4:30pm 3	3:15-4:30pm 2	3:30-4:30pm 4	4:15-5:15pm 2	9:00-12:00pm 5	Y Tri Jan-April 11:15-12:15pm 4 lanes
6:00-7:30pm 2/3	7:00-8:30pm 2	6:00-7:30pm 2/3	7:00-8:30pm 2		1:30-3:30pm 3	3:45-6:00pm 3

Swim Team

Practice Time	Monday	Tuesday	Wednesday	Thursday	Friday
Sea Lions 5-10	4:00-4:45pm 3/4	4:30-5:30pm 4	4:00-4:45pm 3/4	4:30-5:30pm 4	4:00-4:45pm 3
Sea Lions 11-18	4:45-6:00pm 4	5:30-7:00pm 4	4:45-6:00pm 4	5:30-7:00pm 4	4:45-6:00pm 3/4

Water Exercise

Please register at Welcome Center or Online	Monday	Tuesday	Wednesday	Thursday	Friday
Water Walking-Joan	8:45-9:30am 3		8:45-9:30am 3		8:45-9:30am 3
Water Aerobics-Kik, Holly, Lizzie	9:30-10:30am 3	9:30-10:30am 3	9:30-10:30am 3	9:30-10:30am 3	9:30-10:30am 3
Water Aerobics-Jane		7:15-8:00pm 2 (deep end)		7:00-8:00pm 2 (deep end)	
<u>AFAP-Arthritis Foundation Aquatic Program-Robyn</u>	6:30-7:15pm (shallow end)				

