



West Bay Family YMCA
 Jacuzzi & Pool Schedule
 September 13, 2010-October 31, 2010

West Bay Family YMCA
 7540 Post Road
 North Kingstown, RI 02852
 WWW.YMCAGreaterProvidence.org
 401-295-6501

JACUZZI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-9:00pm	6:45-1:00pm 1:45-9:00pm	7:00-9:00pm	7:00-1:00pm 1:15-9:00pm	6:45-1:00pm 1:45-7:30pm	8:00-2:30pm 3:15-4:30pm	8:30-2:30pm 3:15-4:30pm

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LEISURE	7:00-8:15am 12:00-12:45pm 2:15-3:15pm 8:15-9:00pm	6:45-7:30am 12:00-1:00pm 1:45-2:45pm *8:00-9:00pm *Shared Pool	7:00-8:15am 12:00-12:45pm 2:15-3:15pm 8:15-9:00pm	7:00-8:15am 12:00-1:00pm 1:45-3:00pm *8:00-9:00pm *Shared Pool	6:45-7:30am 11:45-1:00pm 1:45-2:45pm	8:00-9:00am 1:20-2:20pm	8:30-9:30am 11:00-12:00pm 2:00-2:30pm
FAMILY SWIM	11:15-12:00pm 3:15-4:00pm 7:30-8:15pm	2:45-4:00pm 7:00-8:00pm	11:15-12:00pm 3:15-4:00pm 7:15-8:15pm	6:45-8:00pm	2:45-4:00pm 6:15-7:30pm	3:15-4:30pm	9:30-11:00am 3:15-4:30pm
X-TIME SWIM	(Sign up's at Welcome Center 2:45-4:45pm. Please call to reserve a spot in swim during the busy season)		4:45-5:45pm				

Pool Regulations

Please walk, do not run. The pool deck can be very slippery.
 Diving is prohibited in all areas of the pool. Front facing, feet first jumps are allowed past the black line on the pool bottom and only when the lifeguard gives permission.
 Only designated equipment is allowed during designated times.
 There is no breath holding activities allowed.
 There is no rough play in or around the pool.
 No one is allowed in the pool area without a lifeguard present.
 Please adhere to the whistle system:
 One whistle – stop, look and listen.
 Two whistles – swim to the closest side and sit on the edge, or exit the water.
 The lifeguard on duty has the final authority.

Age Requirements for Family Swim:

- All **Non-Swimmers and Beginner Swimmers** are required to have an adult in the water, no more than an arm's length away from the swimmer.
- **6 & Under** – An Adult must be in the pool with the child during Family Swim regardless of ability.
- **7-10** – An Adult must remain in the pool area during Family Swim if the child has passed the Swim Test.
- **7-15-Children** wishing to be in the pool alone must pass a Swim Test or have an adult in the water if they do not pass
- **11-15** – Teens may swim in the pool without an adult present after passing the Swim Test.

Featured Programs





Water Running

A 45 minute running class performed in the deep water with floatation belts and tethered to the wall. Class is limited to 6 participants. Register at the Welcome Center for this class.
Please see Jackie Emrich for more information.



West Bay Family YMCA
 Water Fitness Schedule
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30-8:15am Water Running Registration Required			7:30-8:15am Turbulance <i>Jackie</i>	Saturday Splash 9:00-10:00am SEPTEMBER 9/18 Sports Medley <i>Jackie</i> 9/25 Cardio Strength <i>Chuckie</i> OCTOBER 10/2 Kick Box <i>Demi</i> 10/9 Run/Walk <i>Diane</i> 10/16 Noodle <i>Chuckie</i> 10/30 Spooky Cardio <i>Betsy</i>
8:15-9:15am 30 minute Cardio Fitness <i>Lori</i>	8:15-8:45am Walk & Talk	8:15-9:15am 30 minute Cardio Fitness <i>Chuckie</i>	8:15-8:45am Walk & Talk	8:15-9:15am 20 minute Cardio Fitness <i>Frank</i>	
	 8:45-9:15am Strength <i>Demi</i>		 8:45-9:15am Strength <i>Lori</i>		
9:15-10:15am 30 minute Cardio Fitness <i>Demi</i>	 9:15-9:45am Cardio Fitness <i>Demi</i>	9:15-10:15am 30 minute Cardio Fitness <i>Debbie</i>	 9:15-9:45am Cardio Fitness <i>Lori</i>	9:15-10:15am 30 minute Cardio Fitness <i>Betsy</i>	
10:15-11:15am Therapeutic Workout <i>Debbie</i>	11:15-12:00pm Arthritis Foundation <i>Mary Rose</i>	10:15-11:15am Therapeutic Workout <i>Denise T.</i>	11:15-12:00pm Arthritis Foundation <i>Denise T.</i>	10:15-11:15am Therapeutic Workout <i>Mary Rose</i>	
6:30-7:30pm 30 minute Cardio Fitness <i>Lori</i>	8:00-9:00PM Y-LIFE TEAM CHALLENGE Registration Required	6:30-7:15pm 30 minute Cardio Fitness <i>Denise T.</i>	8:00-9:00PM Y-LIFE TEAM CHALLENGE Registration Required		

Please select the class that is appropriate for your level.

Arthritis Foundation YMCA Aquatics Program – This 45 minute class is a no impact workout designed by the Arthritis Foundation that uses range-of-motion exercises to develop muscle strength and endurance, reduce stress and tension, increase circulation and reduce pain.

Therapeutic Workout – Perfect for individuals recovering from an injury or those who would like to add cardio to their workouts. The class combines 15 minutes of light cardiovascular work with 20 minutes of range-of-motion and 15 minutes of strength training.

Cardio Fitness – This is a cardiovascular conditioning class. Members should select a level that is appropriate for their level of fitness. Just starting out? Take a 20 minute cardio class. Need a bit more? Try 30 minutes. Instructors will give levels of intensity in all classes.

NEW **Walk and Talk**- A thirty minute time to exercise and/or socialize in the pool.

NEW **Strength**—A 30 minute class concentrating on strength and conditioning muscle groups. Suitable for all.

Turbulance— A 45 minute fast paced cardiovascular conditioning class. Plan to travel through the water and get splashed! Taught in deep/shallow water with energetic music to get you moving!

SATURDAY SPLASH – A one-hour class with different instructors and different formats each week. See white board for class descriptions, instructor and format of the week.

Water Running—A 45 minute running class performed in the deep water with floatation belts and tethered to the wall. Class is limited to 6 participants. Register at the Welcome Center for this class.