

LAP POOL

MONDAY THROUGH FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAP	6 am to 3 pm 5 to 7 pm	6 am to 3 pm 5 to 7 pm	6 am to 2:45 pm 5 to 7 pm	6 am to 3 pm 5 to 7 pm	6 am to 3 pm 5 to 7 pm
AEROBICS	8 to 9 am 9 to 10 am	8 to 9 am 9 to 10 am	8 to 9 am 9 to 10 am	8 to 9 am 9 to 10 am	8 to 9 am 9 to 10 am
EVENING AEROBICS		Boot Camp 5:30 to 7 pm		Boot Camp 5:30 to 7 pm	
SWIM TEAM	3 to 8 pm	3 to 8 pm	3 to 8 pm	3 to 8 pm	3 to 8 pm

WEEKENDS

	SATURDAY	SUNDAY
LAP	<ul style="list-style-type: none"> • 8 am to 2 pm • 6 to 7 pm 	<ul style="list-style-type: none"> • 11 am to 2 pm
BOOT CAMP	<ul style="list-style-type: none"> • 8:30 to 10 am 	
WATER SPORTS	<ul style="list-style-type: none"> • 2 to 4 pm 	<ul style="list-style-type: none"> • 2 to 4 pm
REC SWIMS	<ul style="list-style-type: none"> • 12:30 to 2 pm • 4 to 6 pm 	<ul style="list-style-type: none"> • 12:30 to 2 pm • 4 to 6 pm



PLEASE NOTE: THE LAP POOL SCHEDULE SHOWN HERE INCLUDES CHANGES THAT BEGIN THE – 2ND WEEK OF NOVEMBER TO ACCOMMODATE HIGH SCHOOL SWIM TEAM. UNTIL THAT DATE THE FALL LAP POOL SCHEDULE APPLIES.

ACTIVITY POOL

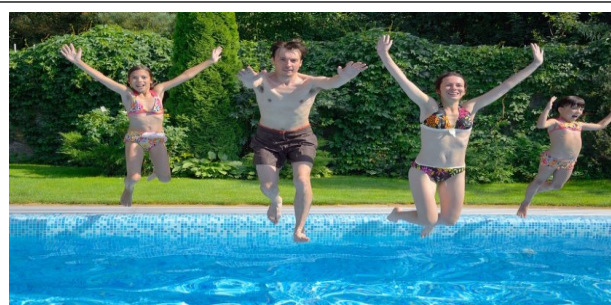
MONDAY THROUGH FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
INDEPENDENT EXERCISE	7 am to 3 pm 7 to 8 pm	7 am to 12 pm 1 to 3 pm 7 to 8 pm	7 am to 3 pm 7 to 8 pm	7 am to 12 pm 1 to 3 pm 7 to 8 pm	7 am to 3 pm 7 to 8 pm
PARENT - TOT	10 am to 12 pm	10 am to 12 pm 5 to 7 pm	10 am to 12 pm	10 am to 12 pm 5 to 7 pm	10 am to 12 pm
REC SWIM	3 to 5 pm	3 to 5 pm	2 to 4 pm	3 to 5 pm	3 to 5 pm
AQUA INTERVAL		12 to 1:00 pm		12 to 1:00 pm	
LESSONS	5 to 7 pm		5 to 7 pm		5 to 7 pm

WATCH FOR SPECIAL REC SWIM DATES!

WEEKENDS

	SATURDAY	SUNDAY
INDEPENDENT EXERCISE	8 to 11 am 3 to 4 pm 6 to 7 pm	3 to 4 pm
PARENT – TOT	11 am to 12:30 pm	11 am to 12:30 pm
REC SWIM	12:30 to 3 pm 4 to 6 pm	12:30 to 3 pm 4 to 6 pm



PROGRAM INFORMATION:

INDEPENDENT EXERCISE = This program is for those who want to walk or do their own exercises in the swimming pool without an instructor. *Water talking* totally allowed! This is a great time to socialize with friends, make new friends, or just enjoy the warmer water while you benefit from the core strengthening that water provides! Come try walking against the current in the lazy river...it's harder than it looks!

PARENT – TOT = Parent Tot is a time for guardians and young children to utilize the shallow area of our activity pool. Please children 6 and under only, (except for those children with a younger sibling) this is a great time for water exploration and play! The first step in learning to swim!

REC SWIMS = Come and play! All ages welcome. Children under 6 need to be accompanied by an adult and kept within reach at all times.

AQUA INTERVAL = Warm water exercise combining resistance training, step intervals, deep water exercises for core strength, balance, stretching and more!

LESSONS = We offer all ranges of lessons from beginner to stroke school. Please register at the aquatic center.

NEWPORT SWIM TEAM The Newport Swim Team provides a terrific year-round opportunity for young athletes in our community. The Newport Swim Team swim program offers an experienced and professional coaching staff. The goal of our team is to provide every member of the team the opportunity to improve swimming skills and to achieve success at his or her level of ability. The Newport Swim Team is dedicated to providing a swim program that emphasizes competitive training and physical fitness. We focus on team unity in a directed positive atmosphere. The organization, in partnership with its families, strives to produce successful members of the community.

The Newport Swim Team Head Coach is John Wray. Please contact Coach Wray at (907)957-3913 for any inquires about joining the Newport Swim Team or visit newportswimteam.net.

IMAGE # 3

SWIMMING LESSONS The Newport Aquatic Center offers a full range of quality swimming lessons, from beginner level through stroke school. Please register early as our lessons fill up quickly!

WINTER SESSIONS:

January 7th through 18th Registration December 18th at 5 pm

February 4th through 15th Registration January 22nd at 5 pm

EVENING SESSIONS = 5 TO 5:45 PM OR 6 TO 6:45 PM

MONDAYS, WEDNESDAYS AND FRIDAYS

Please call the aquatic center 541-265-7770 or contact Keeley Naughton at k.naughton@newportoregon.gov for registration dates and information.

Swimming lesson fee = \$51.25

RENTALS

PLEASE CONTACT KATHY AT

K.CLINE@NEWPORTOREGON.GOV, OR CALL 541-574-5860 IF YOU ARE INTERESTED IN RESERVING SPACE AT THE POOL. THE AQUATIC CENTER, INDIVIDUAL POOLS, OR EVEN INDIVIDUAL LANES ARE AVAILABLE TO RENT. PLEASE CALL FOR RATES AND AVAILABILITY.

PLEASE NOTE: THE AQUATIC CENTER SCHEDULE IS SUBJECT TO CHANGE. FOR UP TO DATE PROGRAMMING, PLEASE CHECK OUR ONLINE SCHEDULE OR PICK UP A CURRENT COPY OF THE PRINTED SCHEDULE AT THE AQUATIC CENTER OR RECREATION CENTER CONTROL DESK. FOR THE MOST CURRENT INFORMATION AND ANNOUNCEMENTS, PLEASE SIGN UP FOR OUR EMAIL NOTIFICATION LIST. YOU CAN FIND THE SIGN UP SHEET BY THE GUARD STATION AT THE AQUATIC CENTER