

LAP POOL - AQUATIC CENTER PROGRAM GUIDE – LAP POOL

MONDAY THROUGH FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAP	<ul style="list-style-type: none"> 6 am to 2 pm 5 to 8 pm 	<ul style="list-style-type: none"> 6 am to 3 pm 5 to 8 pm 	<ul style="list-style-type: none"> 6 am to 2:45 pm 5 to 8 pm 	<ul style="list-style-type: none"> 6 am to 3 pm 5 to 8 pm 	<ul style="list-style-type: none"> 6 am to 3 pm 5 to 8 pm
AEROBICS	<ul style="list-style-type: none"> 8 to 9 am 9 to 10 am 	<ul style="list-style-type: none"> 8 to 9 am 9 to 10 am 	<ul style="list-style-type: none"> 8 to 9 am 9 to 10 am 	<ul style="list-style-type: none"> 8 to 9 am 9 to 10 am 	<ul style="list-style-type: none"> 8 to 9 am 9 to 10 am
BOOT CAMP		<ul style="list-style-type: none"> 5:30 to 7 pm 		<ul style="list-style-type: none"> 5:30 to 7 pm 	
SWIM TEAM	<ul style="list-style-type: none"> 3 to 7 pm 	<ul style="list-style-type: none"> 3 to 7 pm 	<ul style="list-style-type: none"> 3 to 7 pm 	<ul style="list-style-type: none"> 3 to 7 pm 	<ul style="list-style-type: none"> 3 to 7 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



PROGRAM INFORMATION:

LAP = Lap swimming is a program designed for swimmers capable of swimming at least 25 yards nonstop without assistance, swimming or kicking up and down the length of the pool. Lap swimmers may be asked to share a lane, or swim in a circle or traffic pattern, to accommodate 3 or more swimmers in a lane.

SWIM TEAM = is a membership based program for youth, 5 to 18 years old. Registration for swim team is through the Newport Swim Team.

AEROBICS = A water exercise class that is led by an instructor. A variety of exercises for strength, balance, and aerobic conditioning.

BOOT CAMP = is an instructor led high intensity water aerobics class. Drop in and no extra fee.

WATER SPORTS = Pool is available for scuba practice, kayaking, water based sports such as water polo, volleyball, etc...Please be sure that you are getting your equipment pre-approved by aquatic center staff.

SWIMMING LESSONS The Newport Aquatic Center offers a full range of quality swimming lessons, from beginner level through stroke school. We provide programming supported by the Starfish Institute and all of our instructors are trained and coached by certified Instructor trainers. Please register early as our lessons fill up quickly!

SUMMER SESSIONS:

- ❖ JUNE ---- 4TH THROUGH 15TH
- ❖ JULY ----- 9TH THROUGH 20TH
- ❖ AUGUST ---- 6TH THROUGH 17TH

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

MONDAYS, WEDNESDAYS AND FRIDAYS

SATURDAY LESSONS IN JUNE – 11 AM TO 12 PM

THROUGH THE MONTH OF JUNE = \$40.00

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

NEWPORT AQUATIC CENTER

225 SE AVERY ST. – NEWPORT, OR

541-265-7770

ACTIVITY POOL - AQUATIC CENTER PROGRAM GUIDE – ACTIVITY POOL

MONDAY THROUGH FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
INDEPENDENT EXERCISE	<ul style="list-style-type: none"> 7 am to 12 pm 7 to 8 pm 	<ul style="list-style-type: none"> 7 am to 12 pm 7 to 8 pm 	<ul style="list-style-type: none"> 7 am to 1:30 pm 7 to 8 pm 	<ul style="list-style-type: none"> 7 am to 12 pm 7 to 8 pm 	<ul style="list-style-type: none"> 7 am to 1:30 pm 7 to 8 pm
PARENT - TOT	<ul style="list-style-type: none"> 10 am to 12 pm 	<ul style="list-style-type: none"> 10 am to 12 pm 	<ul style="list-style-type: none"> 10 am to 12 pm 	<ul style="list-style-type: none"> 10 am to 12 pm 	<ul style="list-style-type: none"> 10 am to 12 pm
REC SWIM	<ul style="list-style-type: none"> 1:30 to 5 pm 	<ul style="list-style-type: none"> 1:30 to 3 pm 4 to 7 pm 	<ul style="list-style-type: none"> 1:30 to 5 pm 	<ul style="list-style-type: none"> 1:30 to 3 pm 4 to 7 pm 	<ul style="list-style-type: none"> 1:30 to 5 pm
AQUA INTERVAL		<ul style="list-style-type: none"> 12 to 1:00 pm 		<ul style="list-style-type: none"> 12 to 1:00 pm 	
SUMMER ACTIVITY CLUB		<ul style="list-style-type: none"> 3 to 4 pm 	<ul style="list-style-type: none"> 3 to 4 pm 	<ul style="list-style-type: none"> 3 to 4 pm 	
LESSONS	<ul style="list-style-type: none"> 5 to 7 pm 		<ul style="list-style-type: none"> 4 to 7 pm 		<ul style="list-style-type: none"> 5 to 7 pm

WEEKENDS

	SATURDAY	SUNDAY
INDEPENDENT EXERCISE	<ul style="list-style-type: none"> 8 to 11 am 3 to 4 pm 6 to 7 pm 	<ul style="list-style-type: none"> 3 to 4 pm
PARENT – TOT	<ul style="list-style-type: none"> 11 am to 12:30 pm 	<ul style="list-style-type: none"> 11 am to 12:30 pm
REC SWIM	<ul style="list-style-type: none"> 12:30 to 3 pm 4 to 6 pm 	<ul style="list-style-type: none"> 12:30 to 3 pm 4 to 6 pm
LESSONS	<ul style="list-style-type: none"> 11 to 12:30 	



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.

SUMMER ACTIVITY CLUB = Swimming is just one of the many fun activities the Summer Activity Club participate in. Please register for this program at the recreation Center front desk.

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.