

North Providence Pool & Fitness Center Schedules

Swim Schedule

| TIME | MON | TUES | WED | THURS | FRI | SAT |
|---------|---|------|-----|-------|-----|--|
| 6:00 am | Adult Swim - 6am until 9am | | | | | |
| 7:00 am | | | | | | |
| 8:00 am | | | | | | Adult swim 8am to 930am |
| 9:00 am | | | | | | |
| 9:30 am | Open Swim - 9am until 11:30am | | | | | |
| 10:00am | | | | | | |
| 10:30am | | | | | | Swim lessons 9:45 am to 12:15pm |
| 11:00am | | | | | | |
| 11:30am | Adult Swim - 11:30am until 12:30pm | | | | | |
| 12:00pm | | | | | | |
| 12:30pm | | | | | | Open swim 12:30pm to 2:45pm |
| 1:00 pm | | | | | | |
| 1:30 pm | Open Swim - 12:30pm until 1:30pm | | | | | |
| 2:00 pm | | | | | | |
| 2:30 pm | | | | | | Senior and adult swim -130pm until 4pm |
| 3:00 pm | | | | | | |
| 3:30 pm | Senior and adult swim -130pm until 4pm | | | | | |
| 4:00 pm | | | | | | |
| 4:30 pm | | | | | | CLOSE AT 3:00 |
| 5:00 pm | | | | | | |
| 5:30 pm | Open swim 4pm to 7pm Barracudas practice 430pm to 6pm in lanes 5&6 | | | | | |
| 6:00 pm | | | | | | |
| 6:30 pm | | | | | | |
| 7:00 pm | | | | | | |
| 7:30 pm | Adult Swim - 7pm until 7:45pm CLOSE AT 8 PM | | | | | |

See Announcement Board for Birthday Party or Swim Meet

Whirlpool is open during Adult, Open, and Senior Swim.

*Members/Guests must be 18 to use the Whirlpool, Saunas and Fitness Center.

*Open swim is for all ages; parents/guardians must stay on the pool deck with children under 16 years old.

Adult Group Swim Lessons!

If interested, visit the front desk for available sessions!

U.S. Masters Swimming

If interested, visit the front desk for available sessions!

Book your Birthday Pool Party with us!

Saturdays: One hour of swim time during 12pm – 1pm

One hour in party room during 1pm – 2pm

Membership and \$25.00 deposit required for reservation.

\$150 for NP Residents and \$250 for Non-Resident

American Red Cross - Youth Swim Lessons

(ages 4 to 13 years)

\$40.00 with Pool Membership

(Times and Dates TBD)

Barracudas Swim Team – USA Swim Club

September 2018 – April 4th, 2019

Practice Schedule: M-T-W-T-F, 4pm – 6:30pm

Weight Room / Cardiovascular Room

M-T-W-TH 6:00am-8:00pm

Friday 6:00am-6:00pm

Saturday 8:00am-3:00pm

*Adults 18 and older are Allowed in the Weight/Cardio Room.

Water Aerobics and Exercise Classes*

Non-Member - Drop In Fee for all classes is \$5.00!

Aerobics

Saturday Mornings with Jane! @ 8:30am

M-T-TH Mornings with Jane! @ 9:00 am

Wednesday Mornings with Patty! @ 9:00 am

Monday Nights with Jane! @ 5:30 pm

T-W-TH Nights with Doreen! @ 6:00 pm

Firm & Burn With Deb!

Tuesdays & Thursdays 5:00pm – 6:00pm

ZUMBA FITNESS!

Sponsored by Golden Crest Nursing Centre

Saturdays from 9:45am - 10:45am

Aqua Zumba

Tuesday's 9:30-10:30

Water Aerobics (30 minute class)

Adult M-W-F 10:30am

Senior Citizen M-W-F 1:30pm

Adult M-T-W-TH 7:00pm
