



Aquatics Schedule July 5th – August 15, 2022

Cranston YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
Lap Swim 5- 6:30 am	Lap Swim 5 - 9 am	Lap Swim 5 - 9 am	Lap Swim 5 - 9 am	Lap Swim 5 - 9 am	Lap Swim 6 - 6:30 am all lanes	Lap Swim 6 - 7:55 am			
Swim Team 6:30 - 8 am					Lap Swim 6:30-7:55 am 2 lanes	Swim Team 6:30-7:55 am 4 lanes			
Lap Swim 8 - 9 am					ACN 9 - 10 am		Swim Lessons 8 am to 12:30 pm		
Lap Swim 3 lanes 9 - 10 am	Race 4 Chase 3 lanes 9 - 10 am	Water Fitness 9 - 10 am	Lap Swim 3 lanes 9 - 10 am	Race 4 Chase 3 lanes 9 - 10 am					
Swim Lessons 10 - 11:15 am	John Hope 3 lanes 10 - 11 am	Race 4 Chase 3 lanes 10 - 11 am	Swim Lessons 10 - 11:15 am	John Hope 3 lanes 10 - 11 am				Race 4 Chase 3 lanes 10 - 11 am	Swim Lessons 10 - 11:15 am
Lap Swim Leisure Lane 11:20 am - 12:30 pm	Lap Swim Leisure Lane 11:20 am - 12:30 pm	Lap Swim Leisure Lane 11:20 am - 12:30 pm	Lap Swim Leisure Lane 11:20 am - 12:30 pm	Lap Swim Leisure Lane 11:20 am - 12:30 pm				Family Swim 1 - 3 pm	
Family Swim 3 lanes 12:30 to 5:30 pm	Lap Swim 3 lanes 12:30 to 5:30 pm	Family Swim 3 lanes 12:30-4 pm	PYS 3 lanes 12:30-3:30 pm	Family Swim 3 lanes 12:30-4 pm	Lap Swim 3 lanes 12:30-4 pm	Family Swim 3 lanes 12:30-4 pm	PYS 3 lanes 1:30-3 pm		
Swim Team 3 lanes 5:30-6:30 pm	Lap Swim 3 lanes 5:30-6:30 pm	Swim Lessons 3 lanes 4:05-6:30 pm	ACN 3 lanes 4:05-5:15 pm	Lap Swim 3 lanes 5:30-6:30 pm	Swim Lessons 3 lanes 4:05-6:30 pm	ACN 3 lanes 4:05-5:15 pm	Lap Swim 3 lanes 4:05-6:30 pm	Swim Lessons 3 lanes 4:05-6:30 pm	
Family Swim 4 lanes 6:30-8:30 pm	Lap Swim 2 lanes 6:30-8:30 pm	Family Swim 4 lanes 6:30-8:30 pm	Lap Swim 2 lanes 6:30-8:30 pm	Swim Team 6:30-8:30 pm	Family Swim 4 lanes 6:30-8:30 pm	Deep Water Workout 2 lanes 6:30-7:30 pm Lap Swim 2 lanes 7:30-8:30 pm			



*Lap swim hours are circle swim depending on demand.
 *Please note that all classes are subject to change due to demand, participation, and weather.