



Aquatics Schedule Effective September 10th – October 29, 2022

Cranston YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Lap Swim 5 - 9 am	Adult Lap Swim 5 - 9 am	Adult Lap Swim 5 - 9 am	Adult Lap Swim 5 - 9 am	Adult Lap Swim 5 - 9 am	Adult Lap Swim 6 - 6:30 am all lanes	Adult Lap Swim 6 - 7:55 am
Adult Lap Swim 3 lanes 9 - 11 am	Family Swim 3 lanes 9 - 11 am	Water Fitness 9 - 10 am	Water Fitness 9 - 10 am	Adult Lap Swim 3 lanes 9 - 11 am	Family Swim 3 lanes 9 - 11 am	Swim Lessons 8 am to 12:45 pm
Family Swim 3 lanes 9 - 11 am	Rental 10 - 11 am	Adult Lap Swim 3 lanes 9 - 11 am	Family Swim 3 lanes 9 - 10 am	Rental 10 - 11 am	Swim Lessons 8 am to 12:45 pm	Swim Lessons 8 am to 12:45 pm
Swim Lessons 3 lanes 10 - 11:05 am	Lap Swim Leisure Lane 11:05 am - 12:30 pm	Lap Swim Leisure Lane 11:05 am - 12:30 pm	Lap Swim Leisure Lane 11:05 am - 12:30 pm	Lap Swim Leisure Lane 11:05 am - 12:30 pm	Swim Lessons 8 am to 12:45 pm	Swim Lessons 8 am to 12:45 pm
Adult Lap Swim 3 lanes 12:30 - 5:25 pm	Family Swim 3 lanes 12:30 - 4 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	Adult Lap Swim 3 lanes 12:30 - 2:45 pm	Family Swim 3 lanes 12:30 - 5:25 pm
Lap Swim 3 lanes 12:30 to 5:25 pm	Adult Lap Swim 3 lanes 12:30 - 5:25 pm	Adult Lap Swim 3 lanes 12:30 - 5:25 pm	Swim Lessons 3 lanes 4:05 - 6:25 pm	Deep Water Workout 3 lanes 3 - 4 pm	Adult Lap Swim 3 lanes 4:05 - 5:25 pm	Lap Swim 3 lanes 12:30 - 5:25 pm
Swim Lessons 3 lanes 1 - 1:30 pm	Swim Lessons 3 lanes 4:05 - 6:30 pm	Swim Lessons 3 lanes 4:05 - 6:30 pm	Swim Lessons 3 lanes 4:05 - 6:25 pm	Mini Marlins 3 lanes 5:30 - 6:25 pm	Swim Lessons 3 lanes 4:05 - 6:30 pm	Family Swim 1 - 3 pm
Mini Marlins 3 lanes 5:30 - 6:25 pm	Adult Lap Swim 3 lanes 5:30 - 6:25 pm	Mini Marlins 3 lanes 5:30 - 6:25 pm	Mini Marlins 3 lanes 5:30 - 6:25 pm	Mini Marlins 3 lanes 5:30 - 6:25 pm	Swim Lessons 3 lanes 4:05 - 6:30 pm	Family Swim 1 - 3 pm
Aqua Fit 3 lanes 5:30 - 6:25 pm	Adult Lap Swim 3 lanes 5:30 - 6:25 pm	Aqua Fit 3 lanes 5:30 - 6:25 pm	Aqua Fit 3 lanes 5:30 - 6:25 pm	Aqua Fit 3 lanes 5:30 - 6:25 pm	Adult Lap Swim 3 lanes 5:30 - 6:25 pm	Family Swim 1 - 3 pm
Marlins Swim Team 6:30 - 8 pm	Marlins Swim Team 6:30 - 8 pm	Marlins Swim Team 6:30 - 8 pm	Marlins Swim Team 6:30 - 8 pm	Marlins Swim Team 6:30 - 8 pm	Marlins Swim Team 6:30 - 8 pm	Family Swim 1 - 3 pm
Adult Lap Swim 8 - 8:45 pm	Adult Lap Swim 8 - 8:45 pm	Masters Swim Program 8 - 9 pm	Adult Lap Swim 8 - 8:45 pm	Pool Closes 6:30 pm	Pool Closes 6:30 pm	Family Swim 1 - 3 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.