



# Aquatics Schedule

## Effective November 7<sup>th</sup> – December 23, 2022

**Cranston YMCA**  
Revised 11.7.2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Lap Swim 6 lanes 5 – 9 am	Adult Lap Swim 6 lanes 5 – 8:45 am	Adult Lap Swim 6 lanes 5 – 8:45 am	Adult Lap Swim 6 lanes 5 – 8:45 am	Adult Lap Swim 6 lanes 5 – 9 am	Adult Lap Swim 6 – 6:30 am 6 lanes	Adult Lap Swim 6 lanes 6 – 7:55 am
Leisure Lap Swim all lanes 9 – 1 pm	Water Fitness 9 – 10 am	Deep Water Aerobics 9 – 10 am	Water Fitness 9 – 10 am	Lap Swim Leisure Lane 9 am – 12:30 pm	Adult Lap Swim 6:30-7:55 am 3 lanes	Swim Team 6:30-7:55 am 3 lanes
	Leisure Lap Swim all lanes 10 am – 1 pm	Adult Lap Swim 3 lanes 10 – 11:10 am	Swim Lessons 3 lanes 10 – 11:10 am		Leisure Lap Swim all lanes 10 am – 1 pm	Leisure Lap Swim 3 lanes 12:30 – 2:30 pm
Swim Lessons 3 lanes 1 – 3 pm	Leisure Lap Swim 3 lanes 1 – 2:30 pm	Family Swim 3 lanes 12:30-4 pm	Leisure Lap Swim 3 lanes 12:30 – 2:30 pm	Family Swim 3 lanes 1 – 3 pm	Deep Water Aerobics 3 lanes 2 – 3 pm	Family Lap Swim 1 lap lane 2 family lanes 4 – 5:30 pm
Deep Water Aerobics 3 lanes 3 – 4 pm	2 lanes 2:30 – 4 pm	Leisure Lap Swim 3 lanes 1 – 2:30 pm	Leisure Lap Swim 2 lanes 2:30 – 4 pm	Leisure Lap Swim 2 lanes 2:30 – 4 pm	Swim Lessons 3 lanes 3 – 5:15 pm	Family Swim 1 – 3 pm
Family Swim 3 lanes 4 – 5:25 pm	Adult Lap Swim 3 lanes 4 – 6:25 pm	Swim Lessons 3 lanes 4:05 – 6:30 pm	Leisure Lap Swim 3 lanes 4 – 5:30 pm	Deep Water Workout 3 lanes 3 – 4 pm	Swim Lessons 3 lanes 4 – 6:30 pm	Mini Marlins 3 lanes 5:30-6:30 pm
Mini Marlins 3 lanes 5:30-6:30 pm	Swim Lessons 3 lanes 4 – 6:30 pm	Swim Lessons 3 lanes 4 – 6:30 pm	Swim Lessons 3 lanes 4 – 6:30 pm	Swim Lessons 3 lanes 4 – 6:30 pm	Mini Marlins 3 lanes 5:30-6:30 pm	Adult Lap Swim 3 lanes 5:30-6:30 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	Aqua Fit 3 lanes 5:30-6:25pm	Adult Lap Swim 3 lanes 5:30-6:30 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			



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