



Aquatics Schedule Effective : March 17th-April 9th

Cranston YMCA

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 Lanes 6-6:30 am	Adult Lap Swim 6 Lanes 6-8am
Lap Leisure 5 Lanes 9-10:30am	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Lap Leisure 5 Lanes 9am-2pm	Lap Leisure 5 Lanes 6:30-8am	Swim Lessons 8am-12:45pm
Lap Leisure 3 Lanes 10:35-11:05am	Lap Leisure 5 Lanes 10am-11am	Lap Leisure 5 Lanes 10am-11am	Lap Leisure 3 Lanes 10am-11am	Swim Lessons 3 Lanes 9am-2pm	Swim Lessons 8am-12:45pm	
Lap Leisure 5 Lanes 11:05am-1pm	Lap Leisure 3 Lanes 11am-3pm	Lap Leisure 3 Lanes 11am-4pm	Lap Leisure 3 Lanes 1-6:30pm	Swim Lessons 3 Lanes 10-11:05am	Family Swim Full Pool 1-3pm	
Swim Lessons 3 Lanes 1-5:15pm	Family Swim 3 Lanes 1-3pm	Family Swim 3 Lanes 11am-4pm	Family Swim 3 Lanes 11:05-3pm	Deep Water Aerobics 3 Lanes 2-3pm		
Rental 3 Lanes 4:30-5:30pm	Deep Water Aerobics 3 Lanes 3-4pm	Deep Water Aerobics 3 Lanes 3-4pm	Deep Water Aerobics 3 Lanes 3-4pm	Swim Lessons 3 Lanes 3-5:15pm		
Lap Leisure 4 Lanes 5:30-8 pm	Lap Leisure 3 Lanes 5:30-6:30pm	Lap Leisure 2 Lanes 4-6:30pm	Lap Leisure 3 Lanes 4-6:30pm	Aqua Fit 3 Lanes 5:30-6:30pm		
Family Swim 2 Lanes 5:15-8pm	Swim Lesson 3 Lanes 4-6:30pm	Swim Lessons 3 Lanes 4-6:30pm	Swim Lesson 3 Lanes 4-6:30pm	Lap Leisure 3 Lanes 5:30-6:30pm		
Adult Lap Swim 6 Lanes 8-8:45pm	Lap Leisure 4 Lanes 6:30-8 pm	Lap Leisure 4 Lanes 6:30-8 pm	Lap Leisure 4 Lanes 6:30-8 pm	Family Swim 3 Lanes 4-5:30		
	Adult Lap Swim 6 Lanes 8-8:45pm	Master Swim Program 6 Lanes 8-9pm	Adult Lap Swim 6 Lanes 8-8:45pm			



* Lap Swim hours are circle swim depending on demand.
 *Adult Lap means there is no one under 18 in the pool
 *Lap Leisure means all ages are welcome.
 *Please note that schedule is subject to change due to demand, participation and weather

Monday/Tuesday Rental ends 03/28 after this time he
 3 lanes used for the rental will be Lap Leisure