

Pool Rules

Maximum bather load: 60 bathers

1. All bathers must take a cleansing shower with soap and water prior to entering the Aquatic Venue.
2. Any person who currently has or had diarrhea within the prior two weeks is prohibited from using the Aquatic Venue
3. Any person with an infectious and/or communicable disease shall be prohibited from utilizing the swimming pool, including persons with open lesions, blisters and/or cuts or rashes
4. Hyperventilation or extended breath-holding activities are prohibited
5. Spitting, spouting water, and blowing the nose in the swimming pool are prohibited
6. Running, boisterous, or rough play in the swimming pool and surrounding areas are prohibited
7. Pets and other animals are prohibited within the swimming pool and pool deck area except for service animals accompanied by their owner
8. Food and drink within the swimming pool and pool deck are prohibited including any glassware. Water in plastic containers is allowed
9. Swimmers ages 6 & under must be accompanied in the water by an adult (18+) regardless of child's swimming ability. The adult must remain within arm's reach of the child
10. Swimmers ages 7-10 must have an adult (18+) remain on the pool deck
11. A deep end test is given to anyone under the age of 18 who would like to swim in the deep end. The deep end test is swimming one length of the pool on your stomach one length of the pool on your back, and treading water for 1 minute

Reglas de la piscina

Carga máxima de bañistas: 60 bañistas

1. Todos los nadadores deben tomar una ducha de limpieza con jabón y agua antes de ingresar a la Piscina
2. Cualquier persona que actualmente tenga o haya tenido diarrea dentro de las dos semanas anteriores tiene prohibido usar la Piscina.
3. Se prohibirá a cualquier persona con una enfermedad infecciosa y/o transmisible utilizar la piscina, incluidas las personas con lesiones abiertas, ampollas y/o cortes o erupciones cutáneas.
4. La hiperventilación o las actividades prolongadas de contención de la respiración están prohibidas
5. Está prohibido escupir, escupir agua y sonarse la nariz en la piscina
6. Está prohibido correr, bullicioso o jugar bruscamente en la piscina y sus alrededores.
7. Las mascotas y otros animales están prohibidos dentro de la piscina y el área de la cubierta de la piscina, excepto los animales de servicio acompañados por su dueño.
8. La comida y la bebida dentro de la piscina y la terraza de la piscina están prohibidas, incluida cualquier cristalería. Se permite el agua en recipientes de plástico
9. Los nadadores de 6 años o menos deben estar acompañados en el agua por un adulto (18+) independientemente de la capacidad de natación del niño. El adulto debe permanecer al alcance de la mano del niño
10. Los nadadores de 7 a 10 años deben tener un adulto (18+) en la cubierta de la piscina
11. Se realiza una prueba de extremo profundo a cualquier persona menor de 18 años que desee nadar en el extremo profundo. La prueba de extremo profundo es nadar una longitud de la piscina sobre el estómago, una longitud de la piscina sobre la espalda, y pisar el agua durante 1 minuto.



Mark Your Calendar-
The Cranston YMCA will be closed on July 4th.
No programs are scheduled for that day.

Summer Aquatics Schedule Effective : June 30th-Aug 31st

Cranston YMCA
updated 6/26/2024

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 3 Lanes 6-8 am	Adult Lap Swim 6 Lanes 6-7 am
Lap Leisure 3 Lanes 9-10:10am	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Lap Leisure 3 Lanes 10am-6:30pm	Swim Lessons 3 Lanes 9-11:30 am	Lap Leisure 6 Lanes 7-8am
Swim Lessons 3 Lanes 9-10:10am	Race 4 Chase 3 Lanes 10a-11a	Swim Lessons 3 Lanes 10a-12:30pm	Rental 3 Lanes 10a-11am		Swim Lessons 3 Lanes 10a-12:30p	Swim Lessons Full Pool 8am-1pm
RENTAL City of Cranston 3 lanes 10am-12pm	Swim Lessons 3 Lanes 10a-12:30pm	Swim Lessons 3 Lanes 10a-12:30pm	Race 4 Chase 3 Lanes 10a-11a	Swim Lessons 3 Lanes 10a-12:30p	Rental City of Cranston 3 Lanes 1-3pm	Swim Lessons Full Pool 8am-12:45pm
Family Swim 3 lanes 10:15am-12:15pm	Lap Leisure 3 Lanes 11:30a-6:30pm	Lap Leisure 3 Lanes 11:00am-5:30pm	Lap Leisure 3 Lanes 11:30 am-5pm	Family Swim 3 Lanes 11:30am-3pm	Family Swim 3 Lanes 12:35-2:30pm	Swim Lessons Full Pool 8am-12:45pm
Lap Leisure 3 Lanes 12:30-5:30pm	Family Swim 3 Lanes 12:30-4pm	Family Swim 3 Lanes 1:00-3:50p	Family Swim 3 Lanes 1:00p-3pm	RENTAL City of Cranston Rental 3 lanes 4:30pm-6:30pm		
Swim Lesson 3 Lanes 12:15-6:30pm	Swim Lessons 3 Lanes 4-6:30pm	Swim Lessons 3 Lanes 4-6:30pm	Swim Lessons 3 Lanes 4-6:30pm			
Developmental Practice 3 Lanes 5:30-6:30pm	Swim Lessons 3 Lanes 4-6:30pm	Developmental Practice 3 Lanes 5:30-6:30pm	Developmental Practice 3 Lanes 5:30-6:30pm			
Long Course Practice 6 Lanes 6:30-8:00pm	Family Swim Full Pool 6:30-8:00pm	Long Course Practice 6 Lanes 6:30-8:00pm	Long Course Practice 6 Lanes 6:30-8:00pm			
Adult Lap Swim 6 Lanes 8-8:45pm	Adult Lap Swim 6 Lanes 8-8:45pm	Adult Lap Swim 6 Lanes 8-8:45pm	Adult Lap Swim 6 Lanes 8-8:45pm			

All Swimmers MUST Shower in the Facility Prior to Entering the Pool

Lap Swim hours are circle swim depending on demand.
Adult Lap Swim is 18+

Saturday Lane Availability Varies based on Private Lesson Registration, Rentals and Birthday Party, and Birthday Party Rentals

Kids Night Out: 3rd Friday of Each month Lap Swim Ends at 5pm

*Please note that schedule is subject to change due to demand, participation and weather

