



Winter Aquatics Schedule

Effective : January 4th - February 28th

Cranston YMCA
Updated 12/23/2024

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 6 Lanes 6-7 am	Adult Lap Swim 6 Lanes 6-7 am
Lap Swim 5 Lanes 9-1pm	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Lap Swim 5 Lanes 9-1pm	Lap Swim 5 Lanes 7-8am	Lap Swim 5 Lanes 7-8am
Lap Swim 3 Lanes 1-5:30pm	Lap Swim 5 Lanes 10am-1pm	Lap Swim 3 Lanes 11am-5:30pm	Lap Swim 5 Lanes 10am-1pm	Lap Swim 5 Lanes 9-1pm	Swim Lessons 8am-12:50pm	Swim Lessons 8am-11:30pm
Family Swim 3 Lanes 1-4pm	Family Swim 3 Lanes 11am-4pm	Rental 3 Lanes 10-11am	Family Swim 3 Lanes 11am-4pm	Family Swim 3 Lanes 1-4pm	Lap Swim 3 Lanes 1-2pm	Lap Swim 3 Lanes 1-2pm
Swim Lessons 3 Lanes 4-6:30pm	OST 3 Lanes 4-5pm	Family Swim 3 Lanes 11am-4pm	Swim Lessons 3 Lanes 4-6:30pm	Swim Lessons 3 Lanes 4-6:30pm	Family Swim 3 Lanes 1-2pm	Family Swim 3 Lanes 1-2pm
Mini Marlins 3 Lanes 5:30-6:30pm	Family Swim 3 Lanes 5-6:30pm	Mini Marlins 3 Lanes 5:30-6:30pm	Swim Lessons 3 Lanes 4-6:30pm	Mini Marlins 3 Lanes 5:30-6:30pm	Marlins Swim Team 6 Lanes 2-3:30pm	Marlins Swim Team 6 Lanes 2-3:30pm
Marlins Swim Team 6 Lanes 6:30-8pm	Marlins Swim Team 6 Lanes 6:30-8pm	Marlins Swim Team 6 Lanes 6:30-8pm	Marlins Swim Team 6 Lanes 6:30-8pm	Marlins Swim Team 6 Lanes 6:30-8pm	Marlins Swim Team 6 Lanes 2-3:30pm	Marlins Swim Team 6 Lanes 2-3:30pm
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	Adult Lap Swim 6 Lanes 8-8:45pm		

All Swimmers must shower in the facility before entering the pool
(Saturdays only) Birthday party rentals: 2 lanes of family swim
Kids Night Out: First Friday of each month lap swim ends at 5:00pm

* Lap swim hours are circle swim depending on demand.

*Adult lap swim is 18+

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