



Spring 2 Pool Schedule

Effective: May 3 - June 27

Cranston YMCA
Updated 4.30.25

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 4 Lanes 6-8 am	Adult Lap Swim 6 Lanes 6-7 am
Lap Swim 4 Lanes 9am-1pm	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Lap Swim 4 Lanes 9am-1pm	Swim Team 2 Lanes 6-8am	Lap Swim 5 Lanes 7-8am
Leisure Lanes 2 Lanes 9am-1pm	Lap Swim 4 Lanes 10am-1pm	Rental 10-11 am 3 Lanes	Lap Swim 4 Lanes 10am-1pm	Leisure Lanes 2 Lanes 9am-1pm	Swim Lessons 8am-1:00pm	Swim Lessons 8-11:30am
Lap Swim 3 Lanes 1-5:15pm	Family Swim 3 Lanes 1-4pm	Family Swim 3 Lanes 11am-4pm	Family Swim 3 Lanes 1-4pm	Family Swim 3 Lanes 1-4pm		
Swim Lessons 3 Lanes 4-6:30pm	Lap Swim 3 Lanes 1-8:45pm	Lap Swim 3 Lanes 10am-5:15pm	Lap Swim 3 Lanes 1-5:15pm	Lap Swim 3 Lanes 1-6pm	Lap Swim 3 Lanes 1-5:45pm	Lap Swim 3 Lanes 12:00-2:45pm
OST/PYS 3 Lanes 4-6pm	OST/PYS 3 Lanes 4-6pm	Swim Lessons 3 Lanes 4-6:30pm	Swim Lessons 3 Lanes 4-6:30pm	OST/PYS 3 Lanes 4-6pm	Family Swim 3 Lanes 1-5:45pm	Family Swim 3 Lanes 12:00-2:45pm
Swim Team 3 Lanes 5:30 - 8:00p	Family Swim 3 Lanes 6-8:45pm	Swim Team 3 Lanes 5:30 - 8:00p	Swim Team 3 Lanes 5:30 - 8:00p	Family Swim 3 Lanes 6:30-8:45pm	Adult Lap Swim 6 Lanes 6-7pm	

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

Pool Rules

Maximum bather load: 60 bathers

1. All bathers must take a cleansing shower with soap and hot 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 bañistas deben tomar una ducha de limpieza con jabón y agua caliente antes de ingresar al Recinto Acuático
2. Cualquier persona que actualmente tenga o haya tenido diarrea dentro de las dos semanas anteriores tiene prohibido usar el Lugar Acuático.
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.