

POOL SCHEDULE



Dates: October 2024

Branch: Pawtucket Family YMCA

Family Swim

- **Sunday** 12:00 PM – 2:30 PM | Shallow End
- **Monday** 4:00 PM – 6:15 PM | 3 Lanes
- **Wednesday** 4:00 PM – 6:15 PM | 3 Lanes
- **Friday** 4:00 PM – 6:15 PM | 3 Lanes
- **Saturday** 12:30 PM – 2:30 PM | Shallow End

Programs

- **Swim Lessons**
 - **Sunday** 9:00 AM – 12:00 PM | 3 Lanes
 - **Tuesday** 4:00 PM – 6:15 PM | 3 Lanes
 - **Thursday** 4:00 PM – 6:15 PM | 3 Lanes
 - **Saturday** 7:00 AM – 9:30 AM | 2 Lanes
 - **Saturday** 9:30 AM – 12:30 PM | 4 Lanes
- **Swim Team**
 - **Monday** 6:15 PM–7:45 PM | 4 Lanes
 - **Tuesday** 6:15 PM–7:45 PM | 4 Lanes
 - **Wednesday** 6:15 PM–7:45 PM | 4 Lanes
 - **Thursday** 6:15 PM–7:45 PM | 4 Lanes
 - **Friday** 6:15 PM–7:00 PM | 3 Lanes

Water Aerobics

- **Monday**
 - 9:00 AM – 10:00 AM (Aqua Cardio Latin Beat)
- **Tuesday**
 - 9:30 AM – 10:30 AM (Aqua Tone)
- **Wednesday**
 - 9:00 AM – 10:00 AM (Aqua Fit)
- **Thursday**
 - 9:30 AM – 10:30 AM (Aqua Tone)
- **Friday**
 - 9:00 AM – 10:00 AM (Aqua Fit)

Pool Rules

- Anyone ages 17 years or younger must take a swim test.
- Any child ages 6 or younger must wear a lifejacket or have an adult (18+) in the water with them.
- All life jackets must be Coast Guard certified

Water Slide

*Must pass a yellow swim test in order to use the slide.

- **Sunday** 12:00 PM – 2:30 PM
- **Friday** 7:00 PM – 7:45 PM
- **Saturday** 12:30 PM – 2:30 PM

Lap Swim

- **Sunday**
 - 7:00 AM – 9:00 AM | 4 Lanes
 - 8:00 AM – 12:30 PM | 1 Lane
- **Monday**
 - 6:15 AM – 9:00 AM | 4 Lanes
 - 10:00 AM – 4:00 PM | 4 Lanes
 - 4:00 PM – 6:15 PM | 1 Lane
- **Tuesday**
 - 6:15 AM – 9:30 AM | 4 Lanes
 - 11:30 AM – 4:00 PM | 4 Lanes
 - 4:00 PM – 6:15 PM | 1 Lane
- **Wednesday**
 - 6:15 AM – 9:00 AM | 4 Lanes
 - 11:30 AM – 4:00 PM | 4 Lanes
 - 4:00 PM – 6:15 PM | 1 Lane
- **Thursday**
 - 6:15 AM – 9:30 AM | 4 Lanes
 - 11:30 AM – 4:00 PM | 4 Lanes
 - 4:00 PM – 6:15 PM | 1 Lane
- **Friday**
 - 6:15 AM – 9:00 AM | 4 Lanes
 - 10:00 AM – 4:00 PM | 4 Lanes
 - 4:00 PM – 6:15 PM | 1 Lane
- **Saturday**
 - 7:00 AM – 9:30 AM | 2 Lanes

Programs

- All programs require pre-registration (with the exception of Water Aerobics).
- Registration can be completed online or at the Welcome Center.

HORARIO DE PISCINA



Dates: Octubre 2024

Branch: Pawtucket Familia YMCA

Natación Para Familias

- **Domingo** 12:00 PM – 2:30 PM | Agua Poco Profundo
- **Lunes** 4:00 PM – 6:15 PM | 3 carriles
- **Miércoles** 4:00 PM – 6:15 PM | 3 carriles
- **Viernes** 4:00 PM – 6:15 PM | 3 carriles
- **Sábado** 12:30 PM – 2:30 PM | Agua Poco Profundo

Programas

- **Swim Lessons**
 - **Domingo** 9:00 AM – 12:00 PM | 3 carriles
 - **Martes** 4:00 PM – 6:15 PM | 3 carriles
 - **Jueves** 4:00 PM – 6:15 PM | 3 carriles
 - **Sábado** 7:00 AM – 9:30 PM | 2 carriles
 - **Sábado** 9:30 AM – 12:30 PM | 4 carriles
- **Swim Team**
 - **Lunes** 6:15 PM–7:45 PM | 4 carriles
 - **Martes** 6:15 PM–7:45 PM | 4 carriles
 - **Miércoles** 6:15 PM–7:45 PM | 4 carriles
 - **Jueves** 6:15 PM–7:45 PM | 4 carriles
 - **Viernes** 6:15 PM–7 PM | 3 carriles

Aeróbic Acuático

- **Lunes**
 - 9:00 AM – 10:00 AM (Aqua Cardio Latin Beat)
- **Martes**
 - 9:30 AM – 10:30 AM (Aqua Tone)
- **Miércoles**
 - 9:00 AM – 10:00 AM (Aqua Fit)
- **Jueves**
 - 9:30 AM – 10:30 AM (Aqua Tone)
- **Viernes**
 - 9:00 AM – 10:00 AM (Aqua Fit)

Reglas de la piscina

- Cualquier persona de 17 años o menos debe realizar una prueba de natación.
- Cualquier niño de 6 años o menos debe usar un chaleco salvavidas o tener un adulto (mayor de 18 años) en el agua con él.
- Todos los chalecos salvavidas deben estar certificados por la Guardia Costera.

Tobogán Acuático

*Debe pasar una prueba de natación amarilla para poder utilizar el tobogán.

- **Domingo** 12:00 PM – 2:30 PM
- **Viernes** 7:00 PM – 7:45 PM
- **Sábado** 12:30 PM – 2:30 PM

Natación

- **Domingo**
 - 7:00 AM – 9:00 AM | 4 carriles
 - 8:00 AM – 12:30 PM | 1 carrile
- **Lunes**
 - 6:15 AM – 9:00 AM | 4 carriles
 - 10:00 AM – 4:00 PM | 4 carriles
 - 4:00 PM – 6:15 PM | 1 carrile
- **Martes**
 - 6:15 AM – 9:30 AM | 4 carriles
 - 11:30 AM – 4:00 PM | 4 carriles
 - 4:00 PM – 6:15 PM | 1 carrile
- **Miércoles**
 - 6:15 AM – 9:00 AM | 4 carriles
 - 11:30 AM – 4:00 PM | 4 carriles
 - 4:00 PM – 6:15 PM | 1 carrile
- **Jueves**
 - 6:15 AM – 9:30 AM | 4 carriles
 - 11:30 AM – 4:00 PM | 4 carriles
 - 4:00 PM – 6:15 PM | 1 carrile
- **Viernes**
 - 6:15 AM – 9:00 AM | 4 carriles
 - 10:00 AM – 4:00 PM | 4 carriles
 - 4:00 PM – 6:15 PM | 1 carrile
- **Sábado**
 - 7:00 AM – 9:30 AM | 2 carriles

Programas

- Todos los programas requieren inscripción previa (a excepción de Aeróbic Acuático).
- El registro se puede completar en línea o en el Centro de bienvenida.