

# POOL SCHEDULE



Dates: December 2024 v12.4.2024

Branch: Pawtucket Family YMCA

## Family Swim

- **Sunday** 12:00 PM – 2:30 PM | Shallow End
- **Monday** 5:00 PM – 6:15 PM | 2 Lanes
- **Wednesday** 5:00 PM – 6:15 PM | 2 Lanes
- **Friday** 5:00 PM – 6:15 PM | 2 Lanes
- **Saturday** 12:30 PM – 2:30 PM | Shallow End

## Programs

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

## Water Aerobics

- **Monday**
  - 9:00 AM – 10:00 AM (Aqua Cardio Latin Beat)
- **Tuesday**
  - 9:15 AM – 10:15 AM (Aqua Tone)
- **Wednesday**
  - 9:00 AM – 10:00 AM (Aqua Fit)
- **Thursday**
  - 9:15 AM – 10:15 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
  - 9:00 AM – 12:30 PM | 2 Lanes
- **Monday**
  - 6:15 AM – 9:00 AM | 4 Lanes
  - 10:00 AM – 3:00 PM | 4 Lanes
  - 5:00 PM – 7:45 PM | 2 Lanes
- **Tuesday**
  - 6:15 AM – 9:15 AM | 4 Lanes
  - 10:15 AM – 11:30 AM | 1 Lane
  - 11:30 AM – 4:00 PM | 4 Lanes
  - 6:15 PM – 7:45 PM | 2 Lanes
- **Wednesday**
  - 6:15 AM – 9:00 AM | 4 Lanes
  - 10:00 AM – 11:30 AM | 1 Lane
  - 11:30 AM – 3:00 PM | 4 Lanes
  - 5:00 PM – 7:45 PM | 2 Lanes
- **Thursday**
  - 6:15 AM – 9:15 AM | 4 Lanes
  - 10:15 AM – 11:30 AM | 1 Lane
  - 11:30 AM – 4:00 PM | 4 Lanes
  - 6:15 PM – 7:45 PM | 2 Lanes
- **Friday**
  - 6:15 AM – 9:00 AM | 4 Lanes
  - 10:00 AM – 3:00 PM | 4 Lanes
  - 5:00 PM – 7:00 PM | 2 Lanes
- **Saturday**
  - 7:00 AM – 9:45 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.

## Natación Para Familias

- **Domingo** 12:00 PM – 2:30 PM | Agua Poco Profundo
- **Lunes** 5:00 PM – 6:15 PM | 2 carriles
- **Miércoles** 5:00 PM – 6:15 PM | 2 carriles
- **Viernes** 5:00 PM – 6:15 PM | 2 carriles
- **Sábado** 12:30 PM – 2:30 PM | Agua Poco Profundo

## Programas

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

## Aeróbic Acuático

- **Lunes**
  - 9:00 AM – 10:00 AM (Aqua Cardio Latin Beat)
- **Martes**
  - 9:15 AM – 10:15 AM (Aqua Tone)
- **Miércoles**
  - 9:00 AM – 10:00 AM (Aqua Fit)
- **Jueves**
  - 9:15 AM – 10:15 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
  - 9:00 AM – 12:30 PM | 2 carriles
- **Lunes**
  - 6:15 AM – 9:00 AM | 4 carriles
  - 10:00 AM – 3:00 PM | 4 carriles
  - 5:00 PM – 7:45 PM | 2 carriles
- **Martes**
  - 6:15 AM – 9:15 AM | 4 carriles
  - 10:15 AM – 11:30 AM | 1 carrile
  - 11:30 AM – 4:00 PM | 4 carriles
  - 6:15 PM – 7:45 PM | 2 carriles
- **Miércoles**
  - 6:15 AM – 9:00 AM | 4 carriles
  - 10:00 AM – 11:30 AM | 1 carrile
  - 11:30 AM – 3:00 PM | 4 carriles
  - 5:00 PM – 7:45 M | 2 carriles
- **Jueves**
  - 6:15 AM – 9:15 AM | 4 carriles
  - 10:15 AM – 11:30 AM | 1 carrile
  - 11:30 AM – 4:00 PM | 4 carriles
  - 6:15 PM – 7:45 PM | 2 carriles
- **Viernes**
  - 6:15 AM – 9:00 AM | 4 carriles
  - 10:00 AM – 3:00 PM | 4 carriles
  - 5:00 PM – 7:00 PM | 2 carriles
- **Sábado**
  - 7:00 AM – 9:45 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.