

# Indoor Pool Schedule

## February 2025

| MACCOLL YMCA                   |                                  |                                   |                                  |                                  |                                  |                                |
|--------------------------------|----------------------------------|-----------------------------------|----------------------------------|----------------------------------|----------------------------------|--------------------------------|
| SUNDAY                         | MONDAY                           | TUESDAY                           | WEDNESDAY                        | THURSDAY                         | FRIDAY                           | SATURDAY                       |
| LAP SWIM                       |                                  |                                   |                                  |                                  |                                  |                                |
| 7 AM – 8 AM<br>6 lanes         | 5:30 AM – 11AM<br>6 Lanes        | 5:30 AM –<br>10:30 AM<br>6 lanes  | 5:30 AM –<br>9:45 AM<br>6 lanes  | 5:30 AM –<br>10 AM<br>6 lanes    | 5:30 AM –<br>9:30 AM<br>6 lanes  | 7 AM – 8 AM<br>6 lanes         |
| 8 AM – 12 PM<br>3 lanes        | 11 AM – 11:45 AM<br>2 lanes      | 10:30 AM –<br>11:30 AM<br>3 lanes | 9:45 AM –<br>10:30 AM<br>3 lanes | 10 AM –<br>10:45 AM<br>5 lanes   | 9:30 AM –<br>10:15 AM<br>5 lanes | 8 AM – 8:45 AM<br>4 lanes      |
| 12 PM – 4:30 PM<br>4 lanes     | 11:45 AM –<br>2:30 PM<br>6 lanes | 11:30 AM –<br>2:30 PM<br>6 lanes  | 10:30 AM –<br>2:30 PM<br>6 lanes | 10:45 AM –<br>2:30 PM<br>6 lanes | 10:15 AM –<br>2:30 PM<br>6 lanes | 12 PM – 4:30 PM<br>4 lanes     |
|                                | 4 PM – 5:15 PM<br>4 lanes        | 4 PM – 5:15 PM<br>3 lanes         | 4 PM – 5:15 PM<br>4 lanes        | 4 PM – 5:15 PM<br>3 lanes        | 4 PM – 5:15 PM<br>4 lanes        |                                |
|                                |                                  |                                   |                                  |                                  | 5:15 PM – 7 PM<br>2 lanes        |                                |
| OPEN SWIM (ACTIVITY POOL)      |                                  |                                   |                                  |                                  |                                  |                                |
| 7 AM – 9:30 AM                 | 5:30 AM –<br>9:45 AM             | 5:30 AM –<br>9:45 AM              | 5:30 AM –<br>9:45 AM             | 5:30 AM –<br>10 AM               | 5:30 AM –<br>9:30 AM             | 7 AM – 8:45 AM                 |
| 11 AM – 4:30 PM<br>Water Slide | 11:30 AM – 4 PM                  | 11:30 AM – 4 PM                   | 10:30 AM –<br>4 PM               | 11 AM – 4 PM                     | 10:15 AM – 1 PM                  | 12 PM – 4:30 PM<br>Water Slide |
|                                |                                  | 4 PM – 8:30 PM<br>Water Slide     |                                  | 4 PM – 8:30 PM<br>Water Slide    | 1 PM – 8:30 PM<br>Water Slide    |                                |

| PAWTUCKET FAMILY YMCA     |                           |                                  |                               |                                  |                               |                                      |
|---------------------------|---------------------------|----------------------------------|-------------------------------|----------------------------------|-------------------------------|--------------------------------------|
| SUNDAY                    | MONDAY                    | TUESDAY                          | WEDNESDAY                     | THURSDAY                         | FRIDAY                        | SATURDAY                             |
| LAP SWIM                  |                           |                                  |                               |                                  |                               |                                      |
| 7:15 AM – 9 AM<br>4 Lanes | 6:15 AM – 9 AM<br>4 Lanes | 6:15 AM –<br>9:15 AM<br>4 Lanes  | 6:15 AM – 9 AM<br>4 Lanes     | 6:15 AM –<br>9:15 AM<br>4 Lanes  | 6:15 AM – 9 AM<br>4 Lanes     | 7:00 AM –<br>9:45 AM<br>2 Lanes      |
| 9 AM – 2:30 PM<br>2 Lanes | 10 AM – 3 PM<br>4 Lanes   | 10:30 AM –<br>11:30 AM<br>1 Lane | 10 AM –<br>11:30 AM<br>1 Lane | 10:30 AM –<br>11:30 AM<br>1 Lane | 10 AM – 3 PM<br>4 Lanes       |                                      |
|                           | 5 PM – 6:15 PM<br>1 Lane  | 11:30 AM – 4 PM<br>4 Lanes       | 11:30 AM – 3 PM<br>4 Lanes    | 11:30 AM – 4 PM<br>4 Lanes       | 5 PM – 6:15 PM<br>2 Lanes     |                                      |
|                           | 6:15 PM – 7 PM<br>2 Lanes | 4 PM – 6:15 PM<br>2 Lanes        | 5 PM – 7 PM<br>2 Lanes        | 4 PM – 6:15 PM<br>2 Lanes        |                               |                                      |
|                           | 7 PM – 7:45 PM<br>4 Lanes | 7 PM – 7:45 PM<br>2 Lanes        | 7 PM – 7:45 PM<br>4 Lanes     | 7 PM – 7:45 PM<br>2 Lanes        |                               |                                      |
| OPEN SWIM                 |                           |                                  |                               |                                  |                               |                                      |
| 11:45 PM –<br>2:30 PM     | 5 PM – 6:15 PM            |                                  | 5 PM – 6:15 PM                |                                  | 5 PM – 7 PM                   | 12:15 PM –<br>2:30 PM<br>Water Slide |
|                           |                           |                                  |                               |                                  | 7 PM – 7:45 PM<br>Water Slide |                                      |

YMCA of Pawtucket | [www.ymcapawtucket.org](http://www.ymcapawtucket.org)

MacColl YMCA: (401) 725-0773 | Pawtucket Family YMCA: (401) 727-7900

