

# Indoor Pool Schedule

September 2025

| PAWTUCKET FAMILY YMCA      |                              |                               |                               |                               |                            |                                   |
|----------------------------|------------------------------|-------------------------------|-------------------------------|-------------------------------|----------------------------|-----------------------------------|
| SUNDAY                     | MONDAY                       | TUESDAY                       | WEDNESDAY                     | THURSDAY                      | FRIDAY                     | SATURDAY                          |
| LAP SWIM                   |                              |                               |                               |                               |                            |                                   |
| 7:15 AM – 11 AM<br>4 Lanes | 6:15 AM – 9 AM<br>4 Lanes    | 6:15 AM – 9:15 AM<br>4 Lanes  | 6:15 AM – 9 AM<br>4 Lanes     | 6:15 AM – 9:15 AM<br>4 Lanes  | 6:15 AM – 9 AM<br>4 Lanes  | 7:15 AM – 8 AM<br>4 Lanes         |
| 11 AM – 2:30 PM<br>2 Lanes | 10:15 AM - 4 PM<br>4 Lanes   | 10:15 AM - 11:30 AM<br>1 Lane | 10:15 AM - 11:30 AM<br>1 Lane | 10:15 AM - 11:30 AM<br>1 Lane | 10:15 AM - 4 PM<br>4 Lanes | 8 AM – 10 AM<br>2 Lanes           |
|                            | 6:30 PM - 7:30 PM<br>2 Lanes | 11:30 AM - 4 PM<br>4 Lanes    | 11:30 AM - 4 PM<br>4 Lanes    | 11:30 AM - 4 PM<br>4 Lanes    | 4 PM - 7:30 PM<br>2 Lanes  |                                   |
|                            |                              | 6:30 PM - 7:30 PM<br>2 Lanes  | 6:30 PM - 7:30 PM<br>2 Lanes  | 6:30 PM - 7:30 PM<br>2 Lanes  |                            |                                   |
| OPEN SWIM                  |                              |                               |                               |                               |                            |                                   |
| 11 AM – 2:30 PM            | 4 PM - 5:30 PM               | 4 PM – 5:30 PM                | 4 PM – 5:30 PM                | 4 PM – 5:30 PM                | 4 PM – 7:30 PM             | 12:30 PM – 2:30 PM<br>Water Slide |