

Indoor Pool Schedule

June 1 – 21, 2026

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

*Lap lanes and Open Swim lanes may be added or subtracted based on program attendance.