

Indoor Pool Schedule

July 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 AM – 4 PM 4 Lanes	10 AM – 4 PM 1 Lane	10 AM – 7 PM 1 Lane	10 AM – 7 PM 1 Lane	10:15 AM – 4 PM 1 Lane	8 AM – 12:30 PM 2 Lanes
12 PM – 4:30 PM 2 Lanes	4 PM – 7 PM 1 Lane	7 PM – 8:30 PM 2 Lanes	7 PM – 8:30 PM 2 Lanes	7 PM – 8:30 PM 2 Lanes	4 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	1 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.