



Summer 2022 Aquatics Schedule

Woonsocket YMCA-Family Swim

7/1/22-8/27/22

Monday

6:00-8:00am
Family Swim (1)

8:00-8:45am
Family Swim (1)

8:45-9:45am
Family Swim (1)

Tuesday

6:00-7:45am
Family Swim (1)

Wednesday

6:00-8:00am
Family Swim (1)

8:45-9:45am
Family Swim (2)

Thursday

6:00-7:45am
Family Swim (1)

Friday

6:00-8:45am
Family Swim (1)

11:00-12:15pm
Family Swim (2)

Saturday

12:30-2:45pm
Family Swim (3)

No Lanes Available-Camp/Child Care Swim Lessons
10:45-2:30

12:30-1:30pm
No Lanes Available
Summer Camp

2:30-6:30pm
Family Swim (2)

2:30-3:55pm
Family Swim (2)

2:30-3:55pm
Family Swim (2)

2:30-3:55pm
Family Swim (2)

1:30-3:55pm
Family Swim (2)

7:15-7:45pm
Family Swim (2)

5:30-7:45pm
Open Swim (2)

5:30-6:25pm
Family Swim (2)

5:30-7:45pm
Family Swim (2)

5:30-7:45pm
Family Swim (2)

7:15-7:45 pm
Family Swim (2)

- Pool times are subject to change with little to no notice, due to weather, rentals, or other reasons.
- Lifeguard has final say in the pool/pool area.
- (Number)= the number of lanes for that activity

TEST MARK PROTECT

Any swimmer under the age of 18 will need to take a swim test demonstrating their ability to swim. Each swimmer will then be given a colored break away necklace that will need to be worn in the pool at all times. Any swimmer deemed as a "red" swimmer or a "non swimmer" will require an adult in the water within arms reach at all times.



Summer 2022 Aquatics Schedule

Woonsocket YMCA-Lap Swim

7/1/22-8/27/22

Monday

6:00-8:00am
Lap Swim (5)

8:00-9:45am
Lap Swim (4)

10:00-10:45am
Water Aerobics (6)

Tuesday

6:00-7:45am
Lap Swim (5)

7:45-9:00am
Lap Swim (3)
Aqua Gym (3)

9:00-9:45am
Lap Swim (6)

10:00-10:45am
Lap Swim (4)
Deep Water
Aerobics (2)

Wednesday

6:00-8:00am
Lap Swim (5)

8:00-9:45am
Lap Swim (4)

10:00-10:45am
Water Aerobics (6)

Thursday

6:00-7:45am
Lap Swim (5)

7:45-9:00am
Lap Swim (3)
Aqua Gym (3)

9:00-9:45am
Lap Swim (6)

10:00-10:45am
Lap Swim (4)
Deep Water
Aerobics (2)

Friday

6:00-8:00am
Lap Swim (5)

8:00-9:45am
Lap Swim (4)

10:00-10:45am
Water Aerobics (6)

11:00-12:15am
Lap Swim (4)

Saturday

7:00-8:45am
Lap Swim (6)

8:45-12:30pm
Swim Lessons
No Lanes
Available

12:30-2:45pm
Lap Swim (3)

- Pool times are subject to change with little to no notice, due to weather, rentals, or other reasons.
- Lifeguard has final say in the pool/pool area.
- (Number)= the number of lanes for that activity

No Lanes Available-Camp/Child Care Swim Lessons
10:45-2:30

12:30-1:30pm
No Lanes Available
Summer Camp

2:30-6:30pm
Lap Swim (4)

6:30-7:15pm
Lap Swim (4)
Aqua Gym (2)

7:15-7:45pm
Lap Swim (4)

2:30-7:45pm
Lap Swim (4)

2:30-6:25pm
Lap Swim (4)

6:30-7:15 pm
Lap Swim (4)
Aqua Gym (2)

7:15-7:45 pm
Lap Swim (4)

2:30-7:45pm
Lap Swim (4)

1:30-7:45pm
Lap Swim (4)

Lap Swim Etiquette

- Use all available lanes.
- 2 swimmers- swimmers split the lane.
- 3 or more swimmers-circle swim, down on the right, and back on the right.