



2023 Aquatics Schedule

Woonsocket YMCA-Family Swim

Starting March 21, 2023

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

8:00-9:45am
Family Swim (2)

11:00-1:00pm
Family Swim (2)

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

10:45-1:00pm
Family Swim (2)

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

8:00-9:45am
Family Swim (2)

11:00-1:00pm
Family Swim (2)

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

10:45-1:00pm
Family Swim (2)

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

8:00-9:45am
Family Swim (2)

11:00-1:00pm
Family Swim (2)

7:00-8:45 am
Family Swim (1)

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

Pool Closed 1:00-2:00 PM

2:00-7:45 pm
Family Swim (2)

2:00-7:45 pm
Family Swim (2)

2:00-5:30 pm
Family Swim (2)

2:00-5:30 pm
Family Swim (2)

2:00-6:00pm
Family Swim (2)

6:00-7:45pm
Family 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

Family Swim Etiquette

- Family swim is a time for families and/or individuals to take advantage of the pool area that may not want to swim laps.
- Please be respectful and caring of others, and be sure your activity is not interfering with others.
- Please be responsible for your equipment, and return anything you used back to where it belongs.



2023 Aquatics Schedule

Woonsocket YMCA-Lap Swim

Starting March 21, 2023

Monday

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

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

11:00-1:00pm
Lap Swim (4)

Tuesday

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

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

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

10:00-1:00pm
Lap Swim (4)

Wednesday

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

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

11:00-1:00pm
Lap Swim (4)

Thursday

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

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

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

10:00-1:00pm
Lap Swim (4)

Friday

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

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

11:00-1:00pm
Lap Swim (4)

Saturday

7:00-8:45am
Lap Swim (5)

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

Pool Closed 1:00-2:00 PM

2:00-6:30 pm
Lap Swim (4)

6:30-7:45pm
Lap Swim (2)

2:00-4:15pm
Lap Swim (4)

2:00-6:30pm
Lap Swim (4)

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

7:15-7:45pm
Lap Swim (3)

2:00-6:30 pm
Lap Swim (4)

6:30-7:45pm
Lap Swim (3)

2:00-6:00 pm
Lap Swim (4)

6:00-7:45pm
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

Lap Swim Etiquette

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