

AQUATICS



Dates: September 18, 2023- March 16, 2024

Branch: Woonsocket YMCA

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

POOL CLOSED

Lap Swim (4)
Family Swim (2)
6:00 AM - 8:00AM

Lap Swim (4)
Family Swim (2)
6:00AM - 7:45AM

Lap Swim (4)
Family Swim (2)
6:00 AM - 8:00AM

Lap Swim (4)
Family Swim (2)
6:00AM - 7:45AM

Lap Swim (4)
Family Swim (2)
6:00 AM - 8:00AM

Lap Swim (4)
Family (2)
7:00AM-8:45AM

Lap Swim (4)
Swim Lessons (2)
8:00AM - 8:45 AM

Lap Swim (3)
Aqua Gym (3)
7:45 AM - 8:45 AM

Lap Swim (4)
Swim Lessons (2)
8:00AM - 8:45 AM

Lap Swim (3)
Aqua Gym (3)
7:45 AM - 8:45 AM

Lap Swim (4)
Swim Lessons (2)
8:00AM - 8:45 AM

Swim Lessons (6)
8:45AM-12:00PM

Lap Swim (4)
Family Swim (2)
8:45AM - 9:45AM

Lap Swim (4)
Family Swim (2)
8:45AM-10:00

Lap Swim (4)
Family Swim (2)
8:45AM - 9:45AM

Lap Swim (4)
Family Swim (2)
8:45AM-10:00

Lap Swim (4)
Family Swim (2)
8:45AM - 9:45AM

Lap Swim (2)
Family Swim (2)
Aqua Zumba (2)
12:00PM-12:45PM

Water Aerobics (6)
9:45AM-11:00 AM

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

Water Aerobics (6)
9:45AM-11:00 AM

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

Water Aerobics (6)
9:45AM-11:00 AM

Lap Swim (2)
Family Swim (2)
Birthday Party (2)
12:45-2:45PM

Lap Swim (4)
Family Swim (2)
11:00AM-12:00PM

Lap Swim (4)
Family Swim (2)
10:45-12:00

Lap Swim (4)
Family Swim (2)
11:00AM-12:00PM

Lap Swim (4)
Family Swim (2)
10:45-12:00

Lap Swim (4)
Family Swim (2)
11:00AM-12:00PM

Saturday Afternoon
times are subject to
change without
notice due to rentals,
or swim meets.

POOL CLOSED
12:00PM - 2:00PM

POOL CLOSED
12:00PM - 2:00PM

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12:00PM - 2:00PM

POOL CLOSED
12:00PM - 2:00PM

POOL CLOSED
12:00PM - 2:00PM

Lap Swim (4)
Family Swim (2)
2:00PM-5:00

Lap Swim (4)
Family Swim (2)
2:00PM-4:30PM

Lap Swim (4)
Family Swim (2)
2:00PM-5:00

Lap Swim (4)
Family Swim (2)
2:00PM-4:30PM

Lap Swim (4)
Family Swim (2)
2:00PM-5:00

Swim Team (6)
5:00PM-6:45PM

Swim Team (6)
4:30PM-6:30PM

Swim Team (6)
5:00PM-6:45PM

Swim Team (6)
4:30PM-6:30PM

Swim Team (6)
5:00PM-6:30PM

Lap Swim (1)
Aqua Gym (2)
Swim Team (3)
6:45-7:45

Lap Swim (4)
Swim Lessons (2)
6:30PM-7:45PM

Lap Swim (2)
Aqua Gym (2)
Family Swim (2)
6:45-7:45

Lap Swim (4)
Swim Lessons (2)
6:30PM-7:45PM

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