# Pool Schedule Oct-Nov 2026

# Cranston YMCA

## Monday

- Adult Lap Swim 6 Lanes 5-9 am
- Water Fitness Deep End 9-10am
- Leisure Shallow End 9-10am
- Sophia Academy (3) 10:00am-11:00am
- Family Swim 3 Lanes 11:00am-3:45pm
- Lap Leisure 3 Lanes 10am-5:30pm
- Swim Lessons 3 Lanes 3:45pm-6:30pm
- Swim Team 3 Lanes 5:30 - 6:30
- Swim Team 6 Lanes 6:30 - 8:00pm
- Adult Lap Swim 6 Lanes 8-8:30pm

## Tuesday

- Adult Lap Swim 6 Lanes 5-9 am
- Water Fitness Full Pool 9-10am
- Corner Stone 10am-11am
- Family Swim 3 Lanes 11:00-4:00pm
- Lap Leisure 3 Lanes 10am-4:00pm
- High School Swim Team 6 Lanes 4:00 - 5:00pm
- Family Swim 3 Lanes 5:00pm-6:30pm
- Lap Leisure 3 Lanes 5:00pm-6:30pm
- Swim Team 6 Lanes 6:30 - 8:00pm
- Adult Lap Swim 6 Lanes 8 - 8:30pm

## Wednesday

- Adult Lap Swim 6 Lanes 5-9 am
- Water Fitness Full Pool 9-10am
- Family Swim 3 Lanes 10:00am-3:45pm
- Lap Leisure 3 Lanes 10am-5:30pm
- Swim Lessons 3 Lanes 3:45pm-6:30pm
- Swim Team 3 Lanes 5:30 - 6:30
- Swim Team 6 Lanes 6:30 - 8:00pm
- Adult Lap Swim 6 Lanes 8-8:30pm

## Thursday

- Adult Lap Swim 6 Lanes 5-9 am
- Water Fitness Full Pool 9-10am
- Family Swim 3 Lanes 11:30am-1:00pm
- Lap Leisure 3 Lanes 10am-5:30pm
- Swim Lessons 3 Lanes 3:45pm-6:30pm
- Swim Team 3 Lanes 5:30 - 6:30
- Swim Team 6 Lanes 6:30 - 8:00pm
- Adult Lap Swim 6 Lanes 8-8:30pm

## Friday

- Adult Lap Swim 6 Lanes 5-9 am
- Leisure (3) 9:00am-11:30am
- Family Swim 3 Lanes 11:30am-1:30pm
- Lap Leisure 3 Lanes 9am-1:30pm
- Family Swim (2) 1:30pm-2:30pm
- Lap (2) 1:30-2:20pm
- Promesa Swim (2) 1:30pm-2:30pm
- Family Swim 3 Lanes 2:30-4:00pm
- Lap Leisure 3 Lanes 2:30-4:00pm
- High School Swim Team 6 Lanes 4:00 - 5:00pm
- Family Swim 3 Lanes 5:00-6:30pm
- Lap Leisure 3 Lanes 5:00-6:30pm
- Swim Team 6 Lanes 6:30 - 8:00pm

## Saturday

- Adult Lap Swim 6 Lanes 6-9 am
- Lap Leisure 2 Lanes 9am-12:00pm
- Swim Lessons 4 Lanes 9am-12pm
- Lap Leisure 3 Lanes 12:00-2:00pm
- Family Swim 3 Lanes 12:00-2:00pm
- Swim Team 6 Lanes 2:00 - 3:30pm
- Lap Leisure 3 Lanes 3:30pm-5:30pm
- Family Swim 3 Lanes 3:30pm-5:30pm

## Sunday

- Adult Lap Swim 6 Lanes 6-9 am
- Lap Leisure 3 Lanes 9am-2:30pm
- Swim Lessons 3 Lanes 9am-12:45pm
- Family Swim 3 Lanes 1pm-2:30pm

# Pool Rules

### Maximum bather load: 75 bathers

1. All bathers must take a cleansing shower with soap and hot water prior to entering the Aquatic Venue
2. Any person who currently has or had diarrhea within the prior two weeks is prohibited from using the Aquatic Venue
3. Any person with an infectious and/or communicable disease shall be prohibited from utilizing the swimming pool, including persons with open lesions, blisters and/or cuts or rashes
4. Hyperventilation or extended breath holding activities are prohibited
5. Spitting, spouting water, and blowing the nose in the swimming pool are prohibited
6. Running, boisterous, or rough play in the swimming pool and surrounding areas are prohibited
7. Pets and other animals are prohibited within the swimming pool and pool deck area except for service animals accompanied by their owner
8. Food and drink within the swimming pool and pool deck are prohibited including any glassware. Water in plastic containers is allowed
9. Swimmers ages 6 & under must be accompanied in the water by an adult (18+) regardless of child's swimming ability. The adult must remain within arm's reach of the child
10. Swimmers ages 7-10 must have an adult (18+) remain on the pool deck
11. A deep end test is given to anyone under the age of 18 who would like to swim in the deep end. The deep end test is swimming one length of the pool on your stomach one length of the pool on your back, and treading water for 1 minute

# Reglas de la piscina

### Carga máxima de bañistas: 75 bañistas

1. Todos los bañistas deben tomar una ducha de limpieza con jabón y agua caliente antes de ingresar al Recinto Acuático
2. Cualquier persona que actualmente tenga o haya tenido diarrea dentro de las dos semanas anteriores tiene prohibido usar el Lugar Acuático.
3. Se prohibirá a cualquier persona con una enfermedad infecciosa y/o transmisible utilizar la piscina, incluidas las personas con lesiones abiertas, ampollas y/o cortes o erupciones cutáneas.
4. La hiperventilación o las actividades prolongadas de contención de la respiración están prohibidas
5. Está prohibido escupir, escupir agua y sonarse la nariz en la piscina
6. Está prohibido correr, bullicioso o jugar bruscamente en la piscina y sus alrededores.
7. Las mascotas y otros animales están prohibidos dentro de la piscina y el área de la cubierta de la piscina, excepto los animales de servicio acompañados por su dueño.
8. La comida y la bebida dentro de la piscina y la terraza de la piscina están prohibidas, incluida cualquier cristalería. Se permite el agua en recipientes de plástico
9. Los naddores de 6 años o menos deben estar acompañados en el agua por un adulto (18+) independientemente de la capacidad de natación del niño. El adulto debe permanecer al alcance de la mano del niño
10. Los nadadores de 7 a 10 años deben tener un adulto (18+) en la cubierta de la piscina
11. Se realiza una prueba de extremo profundo a cualquier persona menor de 18 años que desee nadar en el extremo profundo. La prueba de extremo profundo es nadar una longitud de la piscina sobre el estómago, una longitud de la piscina sobre la espalda, y pisar el agua durante 1 minuto.