

Indoor Pool Schedule

January 2026

PAWTUCKET FAMILY YMCA						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM						
7:15 AM – 11 AM 4 Lanes	6:15 AM – 9 AM 4 Lanes	6:15 AM – 9:15 AM 4 Lanes	6:15 AM – 9 AM 4 Lanes	6:15 AM – 9:15 AM 4 Lanes	6:15 AM – 9 AM 4 Lanes	7:15 AM – 8 AM 4 Lanes
11 AM – 2:30 PM 2 Lanes	10:15 AM – 2:45 PM 4 Lanes	10:15 AM – 11:30 AM 1 Lane	10:15 AM – 11:30 AM 1 Lane	10:15 AM – 11:30 AM 1 Lane	10:15 AM – 2:45 PM 4 Lanes	8 AM – 10 AM 2 Lanes
	6:30 PM – 7:30 PM 2 Lanes	11:30 AM – 2:45 PM 4 Lanes	11:30 AM – 2:45 PM 4 Lanes	11:30 AM – 2:45 PM 4 Lanes	4 PM – 7:30 PM 2 Lanes	
		6:30 PM – 7:30 PM 2 Lanes	6:30 PM – 7:30 PM 2 Lanes	6:30 PM – 7:30 PM 2 Lanes		
OPEN SWIM						
11 AM – 2:30 PM 2 Lanes	4 PM – 7:30 PM 2 Lanes	4 PM – 5:30 PM 2 Lanes	4:30 PM – 6:30 PM 2 Lanes	4 PM – 5:30 PM 2 Lanes	4 PM – 7:30 PM 2 Lanes	12:30 PM – 2:30 PM 4 Lanes Water Slide

