



We build strong kids, strong families, strong communities.

Cranston YMCA January 5<sup>TH</sup>-February 15<sup>th</sup> 2009

Schedule is subject to change without prior notice\*\*

The number of lanes available for each activity is next to the time

### Lap Swim

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 – 8:55 (6)	5:00 – 8:55 (6)	5:00 – 8:55 (6)	5:00 – 8:55 (6)	5:00 – 8:55 (6)	5:00 – 7:55 (6)	9:00 – 10:55 (6)
10:00 – 11:30 (2)	10:00 – 11:00 (1)	10:00 – 11:00 (1)	10:00 – 11:30 (2)	10:00 – 10:30 (1)	12:00 – 2:00 (2)	11:00 – 12:00 (2)
11:30 – 1:00 (6)	11:00 – 11:30 (2)	11:00 – 11:30 (2)	11:30 – 2:30 (6)	10:30 – 2:00 (6)	2:00 – 3:00 (6)*	12:00 – 3:30 (2)
1:00 – 2:00 (2)	11:30 – 2:30 (6)	11:30 – 2:00 (6)	2:30 – 5:00 (2)	2:00 – 3:00 (1)	4:20 – 5:30 (6)	3:30 – 4:30 (6)*
3:00 – 4:40 (2)	2:30 – 4:55 (2)	3:00 – 4:40 (2)	6:35 – 9:30 (2)	3:00 – 4:40 (2)		4:20 – 5:30 (6)
4:45 – 6:00 (6)	6:35 – 9:30 (2)	4:45 – 6:00 (6)		4:45 – 6:00 (6)		
7:35 – 8:30 (1)		7:35 – 8:30 (1)		7:30 – 9:30 (2)	* Lanes available if rental	
8:30 – 9:30 (6)		8:30 – 9:30 (6)			is not scheduled.	

### Family Open Swim

*See pool for rules and regulations*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00 – 4:40 (4)	7:30 – 9:30 (4)	3:00 – 4:40 (4)	7:30 – 9:30 (4)	3:00 – 4:40 (4)	12:00 – 2:00 (4)	12:00 – 3:30 (4)
				7:30 – 9:30 (4)		

### Swim Lessons

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 – 11:30 (4)	3:00 – 4:55 (4)		3:00 – 5:00 (4)		8:00 – 12:00 (6)	12:00 – 1:55 (4)
	6:35 – 7:20 (4)		6:35 – 7:20 (4)			

### Swim Team

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:30 (6)	5:00 – 6:30 (6)	6:00 – 7:30 (6)	5:00 – 6:30 (6)	6:00 – 7:30 (6)	3:00 – 4:20 (6)	

### Water Fitness/Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Shallow Water</b>						
9:00 – 9:55 (6)	9:00 – 9:55 (6)	9:00 – 9:55 (6)	9:00 – 9:55 (6)	9:00 – 9:55 (6)		
7:35 – 8:30 (6)		7:35 – 8:30 (6)		2:00 – 2:55 (6)		
<b>Deep Water</b>						
9:00 – 9:55 (6)		9:00 – 9:55 (6)		9:00 – 9:55 (6)		
7:35 – 8:30 (6)		7:35 – 8:30 (6)				
<b>Arthritis</b>						
1:00 – 2:00 (4)	10:00 – 11:00 (5)	10:00 – 11:00 (5)	10:00 – 11:00 (5)			