

ROCK WALL

MONDAY / WEDNESDAY

7:00am-3:00pm	CLOSED	FULL
3:00pm-5:00pm	OPEN CLIMB	FULL
5:00pm-6:00pm	FAMILY CLIMB	FULL
6:00pm-8:00pm	FAMILY / OPEN CLIMB Monday	FULL
7:00pm-8:00pm	Orientalions ~ Wednesday Only	FULL

TUESDAY / THURSDAY

7:00am-3:00pm	CLOSED	FULL
3:00pm-5:00pm	OPEN CLIMB	FULL
5:00pm-6:00pm	FAMILY CLIMB	FULL
6:00pm-8:00pm	OPEN CLIMB / Orientalions	FULL

FRIDAY

7:00am-3:00pm	CLOSED / PVT. RENTALS	FULL
3:00pm-5:30pm	OPEN CLIMB	FULL
5:30pm-7:00pm	Birthday Party (IF Needed)	FULL
5:30pm-8:00pm	Family/Open	FULL

SATURDAY / SUNDAY

7:00am-9:30am	CLOSED	FULL
9:30am-12:00pm	FAMILY CLIMB	FULL
12:00pm-1:30pm	Birthday Part (IF Needed)	FULL
1:30pm-2:30pm	FAMILY CLIMB	FULL
2:30pm-4:30pm	Birthday (IF Needed)	FULL
4:30pm-5:30pm	OPEN CLIMB	FULL
5:00pm-5:30pm	Orientalions	FULL

- ☒ Changes to the schedule may happen without notice for Y programming.
- ☒ All climbers must have a scheduled orientation before first climb.
- ☒ Holiday hours may differ from schedule. Please call ahead for questions.
- ☒ (IN) IF NEEDED - IF NOT NEEDED OPEN CLIMB IS AVAILABLE.

GYMNASIUM

MONDAY / WEDNESDAY / FRIDAY

5:30am-9:30am	Open Gym (A,B)	HALF
9:30am-10:30am	Y Program (A) Open Gym (B)	HALF
10:30am-12:00pm	Open Gym (A) Y Program (B)	HALF
12:00pm-3:30pm	Open Gym (A,B)	HALF
3:30pm-6:30pm	Open Gym (A) Y Program (B)	HALF
6:30pm-7:30pm	MON. 3 way hoops (A) Y PGM (B)	HALF
6:30pm-8:00pm	WED. Y PROGRAMS (A,B)	FULL
6:30pm-8:00pm	FRI. Open Gym (A) Rental (B, IN)	HALF
8:00pm-9:00pm	Open Gym (A,B)	HALF

TUESDAY / THURSDAY

5:30am-9:00am	Open Gym (A,B)	HALF
9:00am-11:30am	Open Gym (A) Y Program (B)	HALF
11:30am-3:30pm	Open Gym (A,B)	HALF
3:30pm-6:30pm	Open Gym (A) Y Program (B)	HALF
6:30pm-7:30pm	Open Gym (A) Y Program (B)	HALF
7:30pm-9:00pm	TUE. Y Program (A,B)	FULL
7:30pm-9:00pm	THURS. Open (A) Y PGM (B)	HALF

SATURDAY

7:00am-8:00am	Open Gym (A,B)	HALF
8:00am-12:00pm	Youth Sports (A,B)	FULL
12:00pm-5:30pm	Open Gym (A) 3 Way Hoops	HALF
12:00pm-5:30pm	Rental (B), IF Needed)	HALF

SUNDAY

7:00am-8:00am	Open Gym (A,B)	HALF
8:00am-3:00pm	MENS LEAGUE (A,B)	FULL
3:00pm-5:30pm	Open Gym(A) B-Day(B,IF Needed)	HALF

- ☒ The gym is open for use as scheduled and may be adjusted for Y programs without notice. Holiday hours may differ from schedule.
- ☒ **NO NON YMCA COACHING, TEAM PRACTICE OR TRAINING.**
- ☒ (IN) IF NEEDED - IF NOT NEEDED OPEN GYM IS AVAILABLE.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVITY POOL GYMNASIUM ROCKWALL LAP POOL



Facility Schedule Spring 2017

Revised 4.17.17-6.4.17

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LATEST Y UPDATES.
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APP STORE & SEARCH
PAWTUCKET YMCA
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Spring 2 2017
April 24th-May 29th
Member Registration
available at end of
previous session.
begins.
April 17th

MacColl YMCA

Monday - Friday 5:15am-9:30pm
Saturday & Sunday 7:00am-6:00pm
32 Breakneck Hill Road Lincoln RI 02865
401.725.0773

LAP POOL

MONDAY / WEDNESDAY

5:30am-8:30am	Lap Swim	6 Lanes
8:30am-12:00pm	Lap Swim/Swim Lessons Aqua Fit / Water Aerobics	2 Lanes / 1 Lane 3 Lanes
12:00pm-2:30pm	Lap Swim / Open	3 Lanes / 3 Lanes
2:30pm-4:00pm	Lap Swim/ Open	3 Lanes
4:00pm-6:00pm	Lap Swim/Swim Lessons	3 Lanes/3 Lanes
6:00pm-7:15pm	Y Swim Team/SS M&W	4 Lanes / NO LAP
6:30pm-7:30pm	Water Aerobics / Open	2 Lanes Width
7:15pm-9:00pm	Lap / Open Swim	3 Lanes/3 Lanes

TUESDAY / THURSDAY

5:30am-8:30am	Lap Swim	6 Lanes
8:30am-12:00pm	Lap Swim/Swim Lessons Water Aerobics / WW	2 Lanes / 1 Lane 3 Lanes
12:00pm-2:30pm	Lap Swim / Open	3 Lanes / 3 Lanes
2:30pm-4:00pm	Lap Swim/Open	3 Lanes
4:00pm-6:00pm	Lap Swim/Swim Lessons	3 Lanes / 3 Lanes
6:00pm-7:30pm	Y Swim Team/SS T&Th	4 Lanes / NO LAP
6:30pm-8:00pm	Water Aerobics / Open	2 Lanes Width
7:30pm-9:00pm	Lap / Open Swim	3 Lanes / 3 Lanes

FRIDAY

5:30am-9:30am	Lap Swim/Water Walking Lap Swim/Swim Lessons	6~5 Lanes/1Lane 2 Lanes / 1 Lane
9:00am-12:00pm	Water Aerobics / WW	3 Lanes
12:00pm-2:30pm	Lap Swim / Open	3 Lanes / 3 Lanes
2:30pm-4:00pm	Lap Swim/Open	3 Lanes
4:00pm-6:00pm	Lap Swim/ Open	3 Lanes / 3 Lanes
6:00pm-8:15pm	Y Swim Team/SS	4 Lanes / NO LAP
6:00pm-8:00pm	Birthday / Open	3 Lanes Width
8:00pm-9:00pm	Lap / Open Swim	3 Lanes / 3 Lanes

SATURDAY

7:00am-8:00am	Lap Swim	6 Lanes
8:00am-9:00pm	Lap / Swim Lessons	4 Lanes / 2 Lanes
9:00am-12:30pm	Saturday-Swim Lessons	6 Lanes NO LAP
12:30pm-5:30pm	Lap / Open & Rental	3 Lanes / 3 Lanes

SUNDAY

7:00am-9:00am	Lap Swim	6 Lanes
9:00am-5:30pm	Lap / Open & Rental	3 Lanes / 3 Lanes

YMCA POOL RULES

- The MacColl Y Lap Pool is 6 lanes & 25 Yards long. No Block use.
- **NO LAP** - SATURDAY'S 9AM-12PM DURING ACTIVE SESSION SERIES.
- **SEASONAL LAP***** -Seasonal Lap will return on February 27th, 2017.
Until that time the LHS Swim Team will have use of the LAP POOL and all 6 lanes between 230pm-4pm. Please check ahead for possible changes.
- **YMCA SWIM TEAM** will have use of 4 lanes, Monday through Friday from 6pm-8pm from September 2016 to Feb/ March 2017. The YMCA Swim Team lap time will then be revised for the start of Spring **Stingray Swim**
- Lap swimmers will have to share lanes during peak lap times where attendance is high. 50/50 shared use or Circle Swimming during these times by splitting the lane or by staying to the right of the added swimmer (s) in the shared lane, hence swimming in a circle. No Exceptions.
- Scheduled Lap times will be strictly enforced. No Exceptions.
- Any Y Scheduled Swim Lesson or Swim Team time and location may be changed if necessary to facilitate the Y's aquatic program.
- **Additional Pool Rules are in effect and will be posted at the pool(s).**

ACTIVITY POOL

MONDAY / WEDNESDAY

5:30am-9:30am	Self-Led H2O Workouts	FULL
9:30am-10:00am	Swimming Lessons	FULL
10:00am-10:30pm	Open Swim	FULL
10:30am-11:15am	Water Works M/W/F	FULL
12:00pm- 1:00pm	Family Play ~ No Slide	FULL
1:00pm-3:30pm	Open Swim M/W/F	FULL
3:30pm-6:30pm	Family Play W/Slide @ 4pm	HALF
6:30pm-7:30pm	Open Swim	FULL
7:30pm-8:30pm	Family Play W/Slide	HALF
8:30pm-9:00pm	Open Swim	FULL

TUESDAY / THURSDAY

5:30am-9:00am	Self-Led H2O Workouts	FULL
9:00am-10:00am	Open Swim	FULL
10:00am-10:45am	Water Works ~ Tue & Thurs	FULL
10:45am-11:15am	S&S Tues / R&R Thurs	FULL
11:30am-12:00pm	Open Swim	FULL
12:00pm-1:00pm	Family Play ~ No Slide	FULL
1:00pm-3:30pm	Open Swim	FULL
3:30pm-6:30pm	Family Play W/Slide @ 4pm	HALF
6:30pm-7:30pm	Open Swim	FULL
7:30pm-8:30pm	Family Play W/Slide	HALF
8:30pm-9:00pm	Open Swim	FULL

FRIDAY

5:30am-9:30am	Self-Led H2O Workouts	FULL
9:30am-12:00pm	Rental / Open Swim	FULL
12:00pm-1:00pm	Family Play ~ No Slide	FULL
1:00pm-3:30pm	Open Swim	FULL
3:30pm-8:30pm	Family Play W/Slide	HALF
8:30pm-9:00pm	Open Swim	FULL

SATURDAY

7:00am-8:00am	Self-Led H2O Workouts	FULL
8:00am-9:00am	Open Swim	FULL
9:00am-12:00pm	Saturday-Swim Lessons ONLY	FULL
12:00pm-5:30pm	Rental / Family Play W/Slide	HALF

SUNDAY

7:00am-8:00am	Self-Led H2O Workouts	FULL
8:00am-10:00am	Open Swim	FULL
10:00am-5:30pm	Family Play W/Slide	HALF

YMCA POOL RULES

- The Lifeguard is in charge of the pool and aquatic area at all times.
- Children under the age of 8 must be fully accompanied by an adult.
- ANY swimmer wearing a flotation device must be accompanied by adult into the pool. This swimmer may not enter the deep end portion of the lap pool. This swimmer is not eligible for use of the water slide at any time.
- Swimmers over the age of 8 and up to 12 must be signed in & out of pool.
- Any swimmer may need to complete a swim test at any time.
- There is no running, breath holding games, toys or rough play allowed.
- No Diving is allowed anywhere in the Activity Pool at any time.
- The YMCA does not provide Flotation Devices at any time.
- Family Play = Water Toys & Play area is on. W/ Slide or No Slide.
- Proper attire is required by all swimmers in order to use the pool.
- Showering by all swimmers is required before entering the pool.
- Swimmers must follow all YMCA & RI Health Department Rules.
- **Additional Pool Rules are in effect and will be posted at the Pool(s).**