

Aqua Cardio

A high impact water class, Participants must be comfortable in shallow and deep water.

Workouts include shallow and deep-water exercises and lap swimming

Aqua Zumba

Aqua Zumba blends it all together into a safe challenging,

water based workout that's cardio-conditioning, body toning and most of all, exhilarating beyond belief!

Aquacize

Medium to high intensity workout, with light to medium impact.

This class will help improve flexibility, and mobility; tones and strengthens muscles; increases stamina and energy

Twinges & Hinges

Low impact non-cardio workout. Strengthens muscles, improves flexibility and mobility.

Water Walking

Medium intensity workout, with light to medium impact.

This class will help improve flexibility, and mobility; tones and strengthens muscles; increases stamina and energy

POOL RULES:

(#) = Number of lanes per activity

RI state law requires all swimmers to take a soap shower before entering the pool.

For safety, children under 12 years old must be accompanied by a parent or guardian in the pool area.

Swimmers under 17 years of age, will be deep water tested and must wear an orange wrist band at all times.

A child swimming with a floatation device must have a parent in the pool and stay within arm's reach at all times.

Please share lanes during lap time, circle swimming is recommended.

Pool schedule subject to change at any time.

Pool Sizes:

Fuller Pool- 25 yards long, 6 lanes wide

Buckley Pool- 20 yards long, 4 lanes wide

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