



**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