



POOL SCHEDULE

Westerly-Pawcatuck Branch

March 20th-April 24th

3/17/2017

FULLER POOL

Adult Lap Swim

Lane availability is indicated in parentheses. Under 18 years old are allowed if swimming laps.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00-8:00am (6)	5:00-9:00am (6)	5:00-8:00am (6)	5:00-9:00am (6)	5:00-8:00am (6)	6:00-10:00am (6)	6:00am-5:30pm (6)
	8:00-9:00am (2)	9:00-10:00am (3)	8:00-9:00am (2)	9:00-10:00am (3)	8:00-9:00am (2)	11:00-5:30pm (6)	
	9:00-11:00am (3)	10:00-4:00pm (6)	9:00-10:00am (3)	10:00-11:00am (1)	9:00-11:00am (3)		
	11:00-9:30pm (6)	5:00-7:30pm (3)	10:00-9:30pm (6)	11:00-4:00pm (6)	11:00-4:00 (6)		
		7:30-8:30pm (3)		5:00-7:30pm (3)	4:00-4:45pm (2)		
		8:30-9:30pm (6)		7:30-8:30pm (3)	5:00-9:30pm (6)		
				8:30-9:30pm (6)			

Water Exercises

Adults 18 years old and up.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Cardio	8:00-9:00am(H) w/Denise		8:00-9:00am(H) w/Denise		8:00-9:00am(H) w/Denise		
Water Walking	9:00-10:00am(L) w/Mike	9:00-10:00am(L) w/Mike	9:00-10:00am(L) w/Mike	9:00-10:00am(L) w/Mike	9:00-10:00am(L) w/Mike		
AquaZumba	10:00-11:00am(H) w/Sandy				10:00-11:00am(H) w/Ann		

BUCKLEY POOL

Youth/Family/Open Swim

Any non-swimmer under 12 MUST be accompanied by a Parent or Guardian in the water.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2:00-3:30	2:00-3:30pm	2:00-3:30pm	2:30-3:30pm	2:00-3:30pm	1:30-5:30pm	1:30-5:30pm
	6:30-8:30pm	6:30-7:30pm	6:30-8:30pm	6:30-7:30	6:00-9:30pm		

Adult Recreation

Adults 18 years old and older- No lap swimming allowed during mid-day hrs, *1 lane will be available for lap swim.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	*5:00am-9:00am	*5:00am-7:30am	*5:00am-9:00am	*5:00am-7:30am	*5:00am-8:00am	*6:00am-9:00am	*6:00am-10:00am
	11:00am-1:00pm	11:30am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	12:00n-1:30pm	12:00-1:30pm
	*8:30-9:30pm	*8:30-9:30pm	*8:30-9:30pm	*8:30-9:30pm			

Water Exercise

Adults 18 years old and up.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimnastics	9:00-10:00am (H)w/Ann		9:00-10:00am		9:00-10:00am(H)		
Swimnastics		10:00-11:00am(H) w/Anne	10:00-11:00am(H) w/Kristi	10:00-11:00am(H)			
Swimnastics	5:30-6:30pm(H) w/Gini		5:30-6:30pm(H) w/Gini				
Twinges & Hinges		1:00-2:00pm(L) w/Ann F		1:00-2:00pm(L) w/Ann F			
Water Walking		7:30-8:30pm(L) w/Marcia		7:30-8:30pm(L) w/Marcia			

Swim Lessons

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1:00-2:00pm	9:00-10:00am	1:00-2:00pm	2:00-2:30pm	1:00-2:00pm	8:30am-12:00pm	10:00am-12:00pm
	3:30-5:30pm	11:00am-11:30am	3:30-5:30pm	3:30-6:30pm	4:00-6:00pm		
		3:30-6:30pm					

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!

Swimnastics

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 flotation 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