



# POOL SCHEDULE

Westerly-Pawcatuck Branch

September 3- October 28

9/27/2018

## 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
	5:00-7:50am (6)	5:00-7:50am (6)	5:00-7:50am (6)	5:00-8:50am (6)	5:00-7:50am (6)	6:00-5:30pm (5)	6:00-5:30pm (5)
	8:00-8:50am (2)	8:00-9:50am (3)	8:00-8:50am (2)	9:00-9:50am (3)	8:00-8:50am (2)		
	9:00-10:50am (3)		9:00-9:50am (3)	10:00-3:50pm (5)	9:00-11:00pm (3)		
	11:00-3:50pm (5)	10:00-3:50pm (5)	10:00-3:30pm(5)	10:00-3:50pm (5)	11:00-3:50pm (5)		
	4:00-8:00pm (0)	4:00-8:00pm (0)	4:00-8:00pm (0)	4:00-8:00pm (0)	4:00-8:00pm (0)		
	8:00-9:30pm (5)	8:00-9:30pm (5)	8:00-9:30pm (5)	8:00-9:30pm (5)	8:00-9:30pm (5)		

### Water Exercises

Adults 18 years old and up.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Cardio	8:00-8:50am w/Denise	8:00-9:00am Deep H2O w/Mary	8:00-8:50am(H) w/Denise		8:00-9:00am w/Denise		
Water Walking	9:00-9:50am w/Mike	9:00-9:50am w/Mike	9:00-9:50am w/Mike	9:00-9:50am(L) w/Mike	9:00-9:50am w/Rayleen		
AquaZumba	10:00-10:50am w/Sandy				10:00-10:50am w/Ann		

### Swim Team/ Swim Lessons

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lessons	10:00-10:45 am (1)	4:00-4:45pm (1) 7:30-8:30 pm (1)	10:00-10:45am(1)	4:00-4:45pm (1) 7:30-8:30 pm (1)	10:00-10:45 am (1)		
Swim Team	4:00-7:30pm	4:00-7:30pm	4:00-7:30pm	4:00-7:30pm	4:00-7:30pm		

The Fuller Pool will be CLOSED from 10-5:30 on Sept. 29th and Oct. 27th for Swim Team Events

## BUCKLEY POOL

### 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	2:00-3:30pm	2:00-4:00pm	2:30-5:30pm	10:00-12:00pm
	6:30-8:30pm	6:30-7:30pm	6:30-8:30pm	6:30-7:30pm	6:30-8:30pm		2:30-5:30pm

### 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-9:00am	*6:00am-8:30am	*6:00am-10:00am
	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	12:00-1:30pm	12:00-1:30pm
	*8:30-9:30pm	*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
Aquacize	9:00-10:00am (H)w/Ann		9:00-10:00am w/Ann F		9:00-10:00am(H) w/Mary		
Aquacize	10:00-11:00am(H) w/Mary	10:00-11:00am (H) w/Rayleen	10:00-11:00am(H) w/Teddie	10:00-11:00am(H) w/Judy	10:00-11:00am(H) w/Mary		
Aquacize	5:30-6:30pm(H) w/Gini		5:30-6:30pm(H) w/Gini				
Twinges & Hinges		1:00-2:00pm (L) w/Ann		1:00-2:00pm (L) w/Ann			
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	7:30-9:30am (PT)	1:00-2:00pm	7:30-9:00am (PT)	11:00-12:00pm	8:30am-12:00pm	
	3:30-5:30pm	9:00am-10:00am 3:30-6:00pm	3:30-5:30pm	9:00-10:00am 2:00-6:30 pm	1:00-2:00pm		

### **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