



# POOL SCHEDULE

Westerly-Pawcatuck Branch

November 27th- December 17th

11/23/2017

## 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)	6:00-9:15am (6)	6:00-10:30am (6)
	8:00-9:00am (1)	9:00-10:00am (3) 10:00am-2:30pm (6)	8:00-9:00am (1)	9:00-10:00am (3) 10:00am-2:30pm (6)	8:00-9:00am (1)	9:15-10:00am (4)	2:00-5:30pm (6)
	9:00-11:00am (3)		9:00-10:00am (3)		9:00-11:00am (3)	11:00-5:30pm (6)	
	11:00-4:00pm (6)	7:30-8:30pm (4) 8:30-9:30pm (6)	10:00-4:00pm (6)	7:30-8:30pm (4) 8:30-9:30pm (6)	11:00am-2:30pm (6) 7:30-9:30pm (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

### 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
	2:00-3:30pm	2:00-3:30pm	2:00-3:30pm	2:30-3:30pm	2:00-4:00pm	2:30-5:30pm	2:30-5:30pm
	6:30-8:30pm	6:30-7:30pm	6:30-8:30pm	6:30-7:30	6:30-9:30pm		

### 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
	*5:00-9:00am	*5:00-7:00am	*5:00-9:00am	*5:00-7:00am	*5:00-8:00am	*6:00-9:00am	*6:00-10:00am
	11:00am-1:00pm	11:30am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	11:00am-1:00pm	12:00am-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(H) w/Ann		9:00-10:00am(H) w/Eileen		
Swimnastics		10:00-11:00am(H) w/Anne	10:00-11:00am(H) w/Teddie	10:00-11:00am(H) w/Eileen			
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/Swim Team

	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	10am-12pm
	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