



# POOL SCHEDULE

Westerly-Pawcatuck Branch

July 2-August 26th

## FULLER POOL

### Adult Lap Swim

Lane availability is indicated in parentheses. Under

	Monday	Tuesday	Wednesday	Thursday	Friday
	5:00-7:50am (6)	5:00-8:50am (6)	5:00-7:50am (6)	5:00-8:50am (6)	5:00-7:50am (6)
	8:00-8:50am (2)	9:00-9:50am (3)	8:00-8:50am (2)	9:00-9:50am (3)	8:00-8:50am (2)
	9:00-10:50am (3)	10:00-11:00pm (3)	9:00-9:50am (3)	10:00-11:00pm (3)	9:00-2:00pm (3)
	11:00-5:30pm (6)	11:00-5:30 (6)	10:00-5:30pm(6)	11:00-5:30 (6)	2:00-5:30pm (6)
	5:30-6:30pm (3)	5:30-6:30pm (3)	5:30-6:30pm (3)	5:30-6:30pm (3)	5:30-6:30pm (3)
	8:00-9:30pm (6)	8:00-9:30pm (6)	8:00-9:30pm (6)	8:00-9:30pm (6)	8:00-9:30pm (6)

### Water Exercises

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Cardio	8:00-8:50am w/Denise		8:00-8:50am(H) w/Denise		8:00-9:00am w/Denise
Water Walking	9:00-9:50am w/Rayleen	9:00-9:50am w/Rayleen	9:00-9:50am w/Rayleen	9:00-9:50am(L) w/Rayleen	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
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	5:30-8:00pm	5:30-8:00pm	5:30-8:00pm	5:30-8:00pm	5:30-8:00pm

### 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

## 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

# BUCKLEY POOL

## Family/Open Swim

Any non-swimmer under 12 MUST be accompanied

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

## Adult Recreation

Adults 18 years old and older- No lap swimming allowed during mid-day

	Monday	Tuesday	Wednesday	Thursday	Friday
	*5:00am-9:00am	*5:00am-7:30am	*5:00am-9:00am	*5:00am-7:30am	*5:00am-9:00am
	11:00am-1:00pm	9:30am-10:30am	11:00am-1:00pm	9:30am-11:00am	11:00am-1:00pm
		11:00am-1:00pm		11:00am-1:00pm	
	*8:30-9:30pm	*8:30-9:30pm	*8:30-9:30pm	*8:30-9:30pm	

## Water Exercise

Class	Monday	Tuesday	Wednesday	Thursday	Friday
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/Mary		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
	1:00-2:00pm	7:30-9:30am (PT)	1:00-2:00pm	7:30-9:30am (PT)	11:00-12:00pm

	3:30-5:30pm	9:00am-11:00am 3:30-6:00pm	3:30-5:30pm	10:00-11:00am 2:00-6:30 pm	1:00-2:00pm
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**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 tin

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

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

Pool schedule subject to change at any time.

**7/5/2018**



r 18 years old are allowed if swimming laps.

Saturday	Sunday
6:00-4:00pm (6)	6:00-4:00pm (6)

Adults 18 years old and up.

Saturday	Sunday

Saturday	Sunday

d energy

d energy



panied by a Parent or Guardian in the water.

Saturday	Sunday
2:30-4:00pm	10:00am-12:00pm 2:30-4:00pm

hrs, \*1 lane will be available for lap swim.

Saturday	Sunday
*6:00am-8:30am 12:00-1:30pm	*6:00am-10:00am 12:00-1:30pm

Adults 18 years old and up.

Saturday	Sunday

Saturday	Sunday
8:30am-12:00pm	

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times.

unityymca.org