



POOL SCHEDULE

Westerly-Pawcatuck Branch

October 29 - November 25

10/20/2018

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		

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 4:00-6:30 pm		

Swim Meets

October 27 November 17 Fuller pool closed at 11:00 am

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 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

WESTERLY-PAWCATUCK BRANCH 95 High Street, Westerly RI 02891 401-596-2894 oceancommunityymca.org

Swim Meets

October 27 November 17 Fuller pool closed at 11:00 am