

# Pool Schedule - Buckley

Westerly-Pawcatuck Branch

March 3rd - April 16th updated 2/23/23

*\*pool schedule subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open Swim 6:30AM-9:15AM	Swim Lessons 9:30AM-11:00AM	Adult Open Swim 6:30AM-8:45AM	Swim Lessons 9:30AM-11:00AM	Adult Open Swim 6:30AM-8:45AM	Swim Lessons 8:00AM-11:15AM	Adult Open Swim 8:00AM-11:00AM
Swim Lessons 9:30AM-11:00AM	Adult Open Swim 11:15AM-12:15PM	Silver Sneakers Splash 9:00AM-9:45AM	Adult Open Swim 11:15AM-12:15PM	Silver Sneakers Splash 9:00AM-9:45AM	Adult Open Swim 11:15AM-12:30PM	Family Swim 11:00AM-3:30PM
Adult Open Swim 11:15AM-12:15PM	Family Swim 12:15PM-3:45PM	Aquacise 10:00AM-10:45AM	Family Swim 12:15PM-3:45PM	Adult Open Swim 10:00AM-12:15PM	Family Swim 12:30PM-3:30PM	
Family Swim 12:15PM-4:30PM	Swim Lessons 4:00PM-6:30PM	Adult Open Swim 10:45AM-12:45PM	Swim Lessons 4:00PM-5:00PM	Family Swim 12:15PM-4:30PM		
Adult Open Swim 4:30PM-5:45PM	Aqua Flow & Go 6:45PM-7:45PM	Family Swim 12:45PM-3:45PM	Adult Open Swim 5:15PM-6:30PM	Adult Open Swim 4:30PM-6:15PM		
Aqua Cardio 6:00PM-7:00PM	Family Swim 7:45PM-8:45PM	Swim Lessons 4:00PM-5:45PM	Aqua Flow & Go 6:45PM-7:45PM	Family Swim 6:15PM-8:45PM		
Family Swim 7:15PM-8:45PM		Aqua Cardio 6:00PM-7:00PM	Family Swim 7:45PM-8:45PM			
		Family Swim 7:15PM-8:45PM				

**ALL SWIMMERS MUST TAKE A RINSING SHOWER IMMEDIATELY PRIOR TO ENTERING THE POOLS**

SWIMMERS MUST BE WEARING PROPER SWIMWEAR - STREET CLOTHES ARE NOT PERMITTED  
 POOLS MAY BE USED FOR PRIVATE SWIM LESSONS, CERTIFICATIONS OR OUT OF SCHOOL PROGRAMMING

Adult Open Swim - patrons must be 18 or older

Family Swim - open to all ages

**Aqua Cardio in Buckley Pool on Mondays & Wednesdays at 6:00pm**

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.

**Aqua Flow & Go in Buckley Pool on Tuesdays and Thursdays at 6:45pm**

This class focuses on improving and enjoying pain-free movement as we gain flexibility, strength, endurance and balance skills.  
 This low-impact, moderate intensity class is designed for all ages and will help those affected by arthritis, joint or pulmonary issues.