

# Pool Schedule - Buckley

Westerly-Pawcatuck Branch

April 24th - June 11th updated 4/15/23

*\*pool schedule subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open Swim 6:30AM-8:30AM	Swim Lessons 9:30AM-11:00AM	Adult Open Swim 6:30AM-9:00AM	Swim Lessons 9:30AM-11:00AM	Adult Open Swim 6:30AM-9:00AM	Swim Lessons 8:00AM-12:15PM	Adult Open Swim 8:00AM-11:00AM
Silver Sneakers Splash 8:30AM-9:15AM	Adult Open Swim 11:00AM-12:15PM	Silver Sneakers Splash 9:00AM-9:45AM	Adult Open Swim 11:00AM-12:15PM	Silver Sneakers Splash 9:00AM-9:45AM	Adult Open Swim 11:00AM-1:00PM	Swim Lessons 11:00AM-11:30AM
Swim Lessons 9:30AM-11:00AM	Family Swim 12:15PM-3:45PM	Aquacise 10:00AM-10:45AM	Family Swim 12:15PM-3:45PM	Adult Open Swim 9:45AM-12:15PM	Family Swim 1:00PM-3:30PM	Family Swim 11:30AM-3:30PM
Adult Open Swim 11:00AM-12:15PM	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	<b>*ONE SWIM LESSON OVERLAPS WITH ADULT OPEN SWIM 11:30-12:15PM</b>	
Family Swim 12:15PM-4:30PM	Aqua Flow & Go 6:45PM-7:45PM	Family Swim 12:45PM-3:45PM	Adult Open Swim 5:00PM-6:45PM	Adult Open Swim 4:30PM-6:15PM		
Adult Open Swim 4:30PM-6:00PM	Family Swim 7:45PM-8:30PM	Swim Lessons 4:00PM-5:45PM	Aqua Flow & Go 6:45PM-7:45PM	Family Swim 6:15PM-8:30PM		
Aqua Cardio 6:00PM-7:00PM		Aqua Cardio 6:00PM-7:00PM	Family Swim 7:45PM-8:30PM			
Family Swim 7:00PM-8:30PM		Family Swim 7:00PM-8:30PM				

**PLEASE NOTE; THERE WILL BE ONE SWIM LESSON IN BUCKLEY DURING OPEN ADULT SWIM 11:30-12:15PM**

**MONDAY SILVER SNEAKERS SPLASH \*COMING 5/1\***  
**Adult Open Swim will be 6:30AM-8:30AM on Mondays starting 5/1**

<b>ALL SWIMMERS MUST TAKE A RINSING SHOWER IMMEDIATELY PRIOR TO ENTERING THE POOLS</b>
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
<b>Aqua Cardio in Buckley Pool on Mondays &amp; Wednesdays at 6:00pm</b>
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.
<b>Aqua Flow &amp; Go in Buckley Pool on Tuesdays and Thursdays at 6:45pm</b>
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.