

POOL SCHEDULE-BUCKLEY

Westerly-Pawcatuck Branch

updated 7/20/22

July 20 - August 31

Pool schedule subject to change

Pool schedule subject to change							Adult Open Swim	Lessons	Family Swim	Water Ex Class
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
Adult Open Swim 6:30am-9:45am	Adult Open Swim 9:15am-9:45am	Adult Open Swim 6:30am-8:45am	Adult Open Swim 9:15am-9:45am	Adult Open Swim 6:30am-8:45am	Swim Lessons 8:00am-11:00am	Adult Open Swim 8:00am-11:00am				
Swim Lessons 10:00am-11:00am	Swim Lessons 10:00am-11:00am	Silver Sneakers Splash 9:00am-9:45am	Swim Lessons 10:00am-11:00am	Silver Sneakers Splash 9:00am-9:45am	Adult Open Swim 11:00am-12:30pm	Family Swim 11:00am-3:30pm				
Adult Open Swim 11:15am-12:15pm	Adult Open Swim 11:15am-12:15pm	Stretch & Splash 10:15am-10:45am	Adult Open Swim 11:15am-1:00pm	Swim Lessons 10:00am-11:00am	Family Swim 12:30pm-3:30pm					
Family Swim 12:15pm-3:45pm	Family Swim 12:15pm-3:45pm	Adult Open Swim 10:45am-1:00pm	Family Swim 1:00pm-4:00pm	Adult Open Swim 11:15am-12:15pm						
Swim Lessons 4:00pm-6:00pm	Swim Lessons 4:00pm-7:00pm	Family Swim 1:00pm-5:45pm	Swim Lessons 4:00pm-6:45pm	Family Swim 12:15pm-3:45pm						
Aqua Cardio 6:00pm-6:45pm	Aqua Flow and Go 6:45pm-7:45pm	Aqua Cardio 6:00pm-6:45pm	Aqua Flow and Go 6:45pm-7:45pm	Swim Lessons 4:00pm-7:00pm						
Family Swim 7:00pm-7:45pm		Family Swim 7:00pm-7:45pm		Family Swim 7:00pm-7:45pm						

ALL SWIMMERS MUST TAKE A RINSING SHOWER IMMEDIATELY PRIOR TO ENTERING THE POOLS
 SWIMMERS MUST BE WEARING PROPER SWIMWEAR - STREET CLOTHES ARE NOT PERMITTED
 PLEASE SHARE LANES DURING LAP TIME; CIRCLE SWIM IS RECOMMENDED
 POOLS MAY BE USED FOR PRIVATE LESSONS, CERTIFICATIONS, OR OUT-OF-SCHOOL TIME PROGRAMMING

Adult Open Swim- Patrons must be 18 or older to utilize the pool

Family Swim- Open to all ages

Aqua Cardio: Mondays & Wednesdays at 6:00pm (Buckley Pool)

Medium to high intensity work out, with light to medium impact. This class will help improve flexibility, and mobility; tones and strengthens muscles; increases stamina and energy.

Aqua Flow & Go: Tuesdays & Thursdays at 6:45pm (Buckley Pool)

Formerly Water Walking, this class focuses on improving and enjoying pain-free movement as we gain flexibility, strength, endurance and balance skills in both shallow and deep ends of the pool. This low-impact, moderate intensity class is designed for all ages, and will help those affected by arthritis, joint or pulmonary issues.

Silver Sneakers Splash: Wednesdays & Fridays at 9:00am (Buckley Pool)

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Ocean Community YMCA: Westerly-Pawcatuck Branch

95 High St, Westerly YMCA

P 401-596-2894 www.oceancommunityymca.org