

POOL SCHEDULE-BUCKLEY

Westerly-Pawcatuck Branch

updated 9/7/22

September 12 - December 1

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	Aquacise 10:00am-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-4:45pm	Swim Lessons 4:00pm-6:45pm	Family Swim 12:15pm-3:45pm		
Aqua Cardio 6:00pm-7:00pm	Aqua Flow and Go 6:45pm-7:45pm	Aqua Cardio 6:00pm-7:00pm	Aqua Flow and Go 6:45pm-7:45pm	Swim Lessons 4:00pm-7:00pm		
Family Swim 7:15pm-8:45pm	Family Swim 7:45pm-8:45pm	Family Swim 7:15pm-8:45pm	Family Swim 7:45pm-8:45pm	Family Swim 7:00pm-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
 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

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