

POOL SCHEDULE-FULLER

Westerly-Pawcatuck Branch

updated 7/20/22

July 20 - August 31

Pool schedule subject to change

Lap Swim and Water Walking (WW)

Lap Swim and Water Walking Unless Noted Otherwise

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim/WW (6) 5:00am-7:45am	Lap Swim/WW (6) 5:00am-5:15pm	Lap Swim/WW (6) 5:00am-7:45am	Lap Swim/WW (6) 5:00am-9:00am	Lap Swim/WW (6) 5:00am-7:45am	Lap Swim/WW (6) 6:00am-10:45am	CLOSED 5:00am -8:00am
Lap Swim/WW (2) 7:45am-9:15am		Lap Swim/WW (2) 7:45am-9:15am	Lap Swim/WW (3) 9:00am-10:00am	Lap Swim/WW (1) 7:45am-9:15am	Lap Swim/WW (4) 10:45am-12:45pm	Lap Swim/WW (6) 8:00am-3:30pm
Lap Swim/WW (6) 9:15am-12:00pm		Lap Swim/WW (6) 9:15am-12:00pm	Lap Swim/WW (6) 10:15am-5:15pm	Lap Swim/WW (6) 9:15am-12:00 pm	Lap Swim/WW (6) 12:45pm-3:30pm	
CLOSED 12:00pm -3:00pm		CLOSED 12:00pm -3:00pm		CLOSED 12:00pm -3:00pm		
Lap Swim/WW (6) 3:00pm-5:15pm		Lap Swim/WW (6) 3:00pm-5:15pm	Lap Swim/WW (6) 3:00pm-5:15pm	Lap Swim/WW (6) 3:00pm-5:15pm		

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

Aqua Cardio: Mondays, Wednesdays, Fridays at 8:00am (Fuller 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 Zumba: Thursdays at 9:15am (Fuller Pool)

Known as the Zumba® "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. It combines the Latin Rhythms and dance steps with a pool party

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

Ocean Community YMCA: Westerly-Pawcatuck Branch

P 401-596-2894 www.oceancommunityymca.org