

Pool Schedule - Fuller

Westerly-Pawcatuck Branch

February 19th - March 3rd updated 2/10/23

***pool schedule subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim/WW (6) 5:00AM-7:45AM	Lap Swim/WW (6) 5:00AM-2:30PM	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	Lap Swim/WW (6) 6:00AM-3:30PM
Lap Swim/WW (2) 7:45AM-9:15AM	Westerly HS Swim Team 2:30PM-4:00PM	Lap Swim/WW (2) 7:45AM-9:15AM	Lap Swim/WW (3) 9:00AM-10:00AM	Lap Swim/WW (2) 7:45AM-9:15AM	Lap Swim/WW (4) 10:45AM-11:45AM	
Lap Swim/WW (6) 9:15AM-2:30PM	Dolphins Swim Team 4:00PM-7:30PM	Lap Swim/WW (6) 9:15AM-3:45PM	Lap Swim/WW (6) 10:15AM-2:30PM	Lap Swim/WW (6) 9:15AM-2:30PM	Lap Swim/WW (6) 11:45AM-3:30PM	
Westerly HS Swim Team 2:30PM-4:00PM	Lap Swim/WW (6) 7:45PM-8:45PM	Dolphins Swim Team 4:00PM-7:30PM	Westerly HS Swim Team 2:30PM-4:00PM	Westerly HS Swim Team 2:30PM-4:00PM		
Dolphins Swim Team 4:00PM-7:30PM		Westerly HS Swim Team 7:30PM-9:00PM	Dolphins Swim Team 4:00PM-7:30PM	Dolphins Swim Team 4:00PM-7:30PM		
Lap Swim/WW (6) 7:45PM-8:45PM			Lap Swim/WW (6) 7:45PM-8:45PM	Lap Swim/WW (6) 7:45PM-8:45PM		

*Lap Swim and Water Walking (WW)

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

PLEASE SHARE LANES DURING LAP SWIM TIMES; CIRCLE SWIMMING IS RECOMMENDED

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

We share our lap pool with three swim teams; Westerly High School, Prout High School and our very own OCY Westerly-Pawcatuck Dolphins Swim Team!

There are **no lap lanes** offered during the swim team times listed on the schedule, please be aware.

Aqua Cardio in Fuller Pool on Mondays, Wednesdays and Fridays at 8:00am

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 Zumba in Fuller Pool on Thursdays at 9:15am

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party.

It offers a fun but challenging, water-based, body-toning workout.