

Pool Schedule - Fuller

Westerly-Pawcatuck Branch

March 6th - March 21st updated 3/2/23

***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-4:45PM	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-10:15AM	Lap Swim/WW (6) 6:00AM-3:30PM
Lap Swim/WW (2) 7:45AM-9:15AM	Dolphins Swim Team 5:00PM-7:30PM	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) 10:15AM-12:15PM	
Lap Swim/WW (6) 9:15AM-4:45PM	Lap Swim/WW (6) 7:45PM-8:45PM	Lap Swim/WW (6) 9:15AM-4:45PM	Lap Swim/WW (6) 10:15AM-4:45PM	Lap Swim/WW (6) 9:15AM-4:45PM	Lap Swim/WW (6) 12:30PM-3:30PM	
Dolphins Swim Team 5:00PM-7:30PM		Dolphins Swim Team 5:00PM-7:30PM	Dolphins Swim Team 5:00PM-7:30PM	Dolphins Swim Team 5:00PM-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/WW (6) 7:45PM-8:45PM		

*Lap Swim and Water Walking (WW)

<p>ALL SWIMMERS MUST TAKE A RINSING SHOWER IMMEDIATELY PRIOR TO ENTERING THE POOLS</p> <p>PLEASE SHARE LANES DURING LAP SWIM TIMES; CIRCLE SWIMMING IS RECOMMENDED</p> <p>SWIMMERS MUST BE WEARING PROPER SWIMWEAR - STREET CLOTHES ARE NOT PERMITTED</p> <p>POOLS MAY BE USED FOR PRIVATE SWIM LESSONS, CERTIFICATIONS OR OUT OF SCHOOL PROGRAMMING</p>
<p>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!</p> <p>There are no lap lanes offered during the swim team times listed on the schedule, please be aware.</p>
<p>Aqua Cardio in Fuller Pool on Mondays, Wednesdays and Fridays at 8:00am</p> <p>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.</p>
<p>Aqua Zumba in Fuller Pool on Thursdays at 9:15am</p> <p>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.</p>