

Pool Schedule - Fuller

Westerly-Pawcatuck Branch

May 1st - May 29th updated 4/26/2023

***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-4:55PM	Lap Swim/WW (6) 5:00AM-7:45AM	Lap Swim/WW (6) 5:00AM-4:55PM	Lap Swim/WW (6) 5:00AM-7:45AM	Lap Swim/WW (6) 6:00AM-10:30AM	Lap Swim/WW (6) 6:00AM-8:15PM
Lap Swim/WW (2) 7:45AM-9:15AM	Lap Swim/WW (1) 5:00PM-7:30PM	Lap Swim/WW (2) 7:45AM-9:15AM	Lap Swim/WW (1) 5:00PM-7:30PM	Lap Swim/WW (2) 7:45AM-9:15AM	Lap Swim/WW (4) 10:30AM-11:15PM	Lap Swim/WW (4) 8:15AM-10:45PM
Lap Swim/WW (6) 9:15AM-4:55PM	Lap Swim/WW (6) 7:30PM-8:30PM	Lap Swim/WW (6) 9:15AM-4:55PM	Lap Swim/WW (6) 7:30PM-8:30PM	Lap Swim/WW (6) 9:15AM-4:55PM	Lap Swim/WW (6) 11:15PM-3:30PM	Lap Swim/WW (6) 10:45PM-11:45PM
Lap Swim/WW (1) 5:00PM-7:30PM		Lap Swim/WW (1) 5:00PM-7:30PM		Lap Swim/WW (1) 5:00PM-7:30PM		Lap Swim/WW (4) 11:45AM-1:15PM
Lap Swim/WW (6) 7:30PM-8:30PM		Lap Swim/WW (6) 7:30PM-8:30PM		Lap Swim/WW (6) 7:30PM-8:30PM		Lap Swim/WW (6) 1:15PM-3:30PM

*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

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.