

# POOL SCHEDULE-FULLER

Westerly-Pawcatuck Branch

updated 9/7/22

September 12 - December 1

Pool schedule subject to change

Lap Swim and Water Walking (WW)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim/WW (6) 5:00am-7:45am	Lap Swim/WW (6) 5:00am-3:45pm	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-10:45am	Lap Swim/WW (6) 6:00am -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 (2) 7:45am-9:15am	Lap Swim/WW (4) 10:45am-12:45pm	Lap Swim/WW (6) 8:00am-9:15AM
Lap Swim/WW (6) 9:15am-3:45pm		Lap Swim/WW (6) 9:15am-3:45pm	Lap Swim/WW (6) 10:15am-3:45pm	Lap Swim/WW (6) 9:15am-3:45 pm		Lap Swim/WW (2) 9:15am-11:30am
Swim Team 4:00pm -7:30pm	Swim Team 4:00pm -7:30pm	Swim Team 4:00pm -7:30pm	Swim Team 4:00pm -7:30pm	Swim Team 4:00pm -7:30pm	Lap Swim/WW (6) 12:45pm-3:30pm	Lap Swim/WW (6) 11:30am-3:30PM
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/WW (6) 7:45pm-8:45pm		

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

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](http://www.oceancommunityymca.org)