

POOL SCHEDULE-FULLER

Westerly-Pawcatuck Branch

updated 11/23/22

Nov 28th -Dec 31st

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- 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 - 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- 2:30pm		Lap Swim/WW (6) 9:15am- 3:45pm		Lap Swim/WW (6) 10:15am-2:30pm		Lap Swim/WW (6) 9:15am-2:30 pm
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) 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) 12:45pm-3:30pm
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

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