

975 Sandy Lane

Warwick, RI 02889

(401) 738-2000 x6809

Email: [warwick-rec@warwickri.com](mailto:warwick-rec@warwickri.com)

Any child coming to McDermott Pool unaccompanied by an adult must swim two widths of the pool without stopping and tread water for (1) one minute before they are allowed to go in the water alone. This is a safety precaution for all our youngsters. We want to be sure you feel comfortable while your children are at McDermott Pool.

**Adult Water Aerobics:** Tuesday & Thursday evenings. Call for dates and times (Fee)

**Lifeguard Course:** March - May Call for dates and times (Fee)

**Pre-School/Toddler Course:** 3 to 5 years old Call for dates and times (Fee)

**Red Cross Progressive Lessons:** For ages 5 1/2 and up. Monday/Wednesday, Tuesday/Thursday, 3:30PM-4:15PM (Fee)

**Senior Citizen Exercise Classes:** 9:30-10:00AM Tuesday, Thursday, Friday (Fee)

**Adult Organized Swim Workout:** Tuesday & Thursday - 8:00-9:00PM Deep End  
(Call 738-2000 x. 6809 for details)

The City of Warwick also has a warm water therapy pool on the premises. Please call 738-2000, Ext. 6809 for more information.

McDermott Pool reserves the right to revoke the swim privileges of any and all individuals who do not comply with all rules and regulations.