



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL RIVER AQUATICS

## POOL SCHEDULE – FALL 1

SEPTEMBER 5TH TO OCTOBER 30TH, 2022

TYLER LAMAR | AQUATICS DIRECTOR | TLAMAR@YMCASC.ORG



MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Lap Swim</b> 5am-8:45am (4) 12pm-4pm (4)	<b>Lap Swim</b> 5am-12pm (4) 12pm-2pm (3) 2pm-4pm (4) 4pm-6pm (2) 7:30pm-8:45pm (4)	<b>Lap Swim</b> 5am-8:45am (4) 12pm-4pm (4)	<b>Lap Swim</b> 5am-11am (4) 11:15am-12pm (2) 12pm-2pm (3) 2pm-4pm (4) 4pm-6pm (2) 7:30pm-8:45pm (4)	<b>Lap Swim</b> 5am-8:45am (4) 12pm-2pm (3) 2pm-4pm (4) 4pm-6:30pm (2)	<b>Lap Swim</b> 7am-8:45am (4) 2pm - 3:30pm (4)	<b>Family Swim</b> 9am-12:30pm Full Pool
<b>Independent Exercise (18+)</b> 9am-9:30am 10:30am-12pm Full Pool	<b>Physical Therapy</b> 12pm-2pm Lane 1 unavailable	<b>Independent Exercise (18+)</b> 9am-9:30am 10:30am-12pm Full Pool	<b>LIFE Academy</b> 11:15am-12pm 2 Lanes	<b>Independent Exercise (18+)</b> 10:45am-12pm Full Pool	<b>Family Swim</b> 12pm-2pm Full Pool	
<b>Aqua Tone</b> 9:30am-10:30am Full Pool	<b>Aqua Fit</b> 6pm-7pm 3 Lanes	<b>Aqua Zumba</b> 9:45am-10:30am Full Pool	<b>Physical Therapy</b> 12pm-2pm Lane 1 unavailable	<b>Aqua Aerobics</b> 9am-9:45am Full Pool	<b>Swim Lessons</b> Monday (2) 4:00pm - 6:30pm Tuesday (2) 4:00pm - 7:30pm Wednesday (2) 4:00pm - 6:30pm Thursday (2) 4:00pm - 7:30pm Friday (2) 4:00pm - 6:30pm Saturday (4) 9:00am - 12:00pm	
<b>Family Swim</b> 4pm-6:30pm 2 Lanes		<b>Family Swim</b> 4pm-6:30pm 2 Lanes	<b>Aqua SMILE</b> 6pm-7pm 3 Lanes	<b>Deep-Water Aerobics</b> 10am-10:45am Full Pool		
<b>Fall River Lightning</b> 6:30pm-9pm Full Pool		<b>Fall River Lightning</b> 6:30pm-9pm Full Pool		<b>Physical Therapy</b> 12pm-2pm Lane 1 unavailable		
				<b>Fall River Lightning</b> 6:30pm-9pm Full Pool		

\*SCHEDULE SUBJECT TO CHANGE - FAMILY SWIM CAPACITY SUBJECT TO LIFEGUARD RATIOS\*