**FALL RIVER AQUATICS**

**POOL SCHEDULE**

OCTOBER 31ST TO DECEMBER 18TH, 2022

TYLER LAMAR | AQUATICS DIRECTOR | TLAMAR@YMCAASC.ORG

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**MON**

| Lap Swim | 5am-8:45am (4)  
|          | 12pm - 4pm (4) |
|          | Independent  
|          | Exercise (18+)  
|          | 10am-12pm  
|          | Full Pool |
| Aqua Tone | 9am-10am  
|          | Full Pool |
| Family Swim | 4pm-6:30pm  
|          | 2 Lanes |
| Fall River Lightning | 6:30pm-9pm  
|          | Full Pool |

**TUES**

| Lap Swim | 5am-12pm (4)  
|          | 12pm-2pm (3)  
|          | 2pm-4pm (4)  
|          | 4pm-6pm (2)  
|          | 7:30pm-8:45pm (4) |
|          | Independent  
|          | Exercise (18+)  
|          | 9am-9:30am  
|          | 10:30am-12pm  
|          | Full Pool |
| Aqua Zumba | 9:45am-10:30am  
|          | Full Pool |
| Aqua Fit | 6pm-7pm  
|          | 3 Lanes |

**WED**

| Lap Swim | 5am-8:45am (4)  
|          | 12pm-4pm (4) |
|          | Independent  
|          | Exercise (18+)  
|          | 9am-9:30am  
|          | 10:30am-12pm  
|          | Full Pool |
| Aqua Zumba | 9:45am-10:30am  
|          | Full Pool |
| Family Swim | 4pm-6:30pm  
|          | 2 Lanes |
| Fall River Lightning | 6:30pm-9pm  
|          | Full Pool |

**THURS**

| Lap Swim | 5am-11am (4)  
|          | 11:15am-12pm (2)  
|          | 12pm-2pm (3)  
|          | 2pm-4pm (4)  
|          | 7:30pm-8:45pm (4) |
| LIFE Academy | 11:15am-12pm  
|          | 2 Lanes |
| Aqua SMILE | 6pm-7pm  
|          | 3 Lanes |

**FRI**

| Lap Swim | 5am-8:45am (4)  
|          | 12pm-2pm (3)  
|          | 2pm-4pm (4)  
|          | 4pm-6:30pm (2) |
|          | Independent  
|          | Exercise (18+)  
|          | 10:30am-12pm  
|          | Full Pool |
| Aqua Aerobics | 9am-9:45am  
|          | Full Pool |
| Deep-Water Aerobics | 10am-10:45am  
|          | Full Pool |
| National Physical Therapy | 12pm-2pm  
|          | 2 Lanes |
| Fall River Lightning | 6:30pm-9pm  
|          | Full Pool |

**SAT**

| Lap Swim | 7am-8:30am (4)  
|          | 2pm-3:30pm (4) |
| Family Swim | 12pm-2pm  
|          | Full Pool |

**FAMILY SWIM**

| 4pm-6:30pm  
|          | 2 Lanes |

**SUN**

| Lap Swim | 5am-8:45am (4)  
|          | 12pm-2pm (3)  
|          | 2pm-4pm (4)  
|          | 4pm-6:30pm (2) |
|          | Independent  
|          | Exercise (18+)  
|          | 9am-12:30pm  
|          | Full Pool |

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*SWIM LESSONS*

| 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 |

*There will be a separate schedule posted for Thanksgiving Day!*