



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL RIVER AQUATICS

POOL SCHEDULE

OCTOBER 31ST TO DECEMBER 18TH, 2022

TYLER LAMAR | AQUATICS DIRECTOR | TLAMAR@YMCASC.ORG



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)

National Physical Therapy

12pm-2pm
Lane 1 unavailable

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

National Physical Therapy

12pm-2pm
Lane 1 unavailable

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
Lane 1 unavailable

Fall River Lightning

6:30pm-9pm
Full Pool

SAT

Lap Swim

7am-8:45am (4)
2pm-3:30pm (4)

Family Swim

12pm-2pm
Full Pool

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

Family Swim

9am-12:30pm
Full Pool

There will be a separate
schedule posted for
Thanksgiving Day!



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