



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL RIVER AQUATICS POOL SCHEDULE

APRIL 24TH - JUNE 18TH, 2023

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

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