## FALL RIVER AQUATICS

**DECEMBER 19TH – DECEMBER 25TH, 2022**

**HOLIDAY BREAK WEEK 1**

**TYLER LAMAR | AQUATICS DIRECTOR | TLAMAR@YMCAOFNS.COM**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>MON 12/19</td>
<td>5am-8:45am (4)</td>
<td>Lap Swim</td>
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<td></td>
<td>12pm - 4pm (4)</td>
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<td>9am-10am</td>
<td>Aqua Tone</td>
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<td>10am-12pm</td>
<td>Independent Exercise (18+)</td>
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<td>4pm-6pm</td>
<td>Full Pool</td>
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<td></td>
<td>6:30pm-9pm</td>
<td>Fall River Lightning</td>
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<td>TUE 12/20</td>
<td>5am-12pm (4)</td>
<td>Lap Swim</td>
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<td>12pm-2pm (3)</td>
<td>National Physical Therapy</td>
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<td>2pm-5:45pm (4)</td>
<td>Lane 1 unavailable</td>
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<td>7:15pm-8:45pm (4)</td>
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<td>6pm-7pm</td>
<td>Aqua Fit</td>
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<td>4:30pm-6pm</td>
<td>Family Swims</td>
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<td>Fall River Lightning</td>
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<td>WED 12/21</td>
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<td>THU 12/22</td>
<td>5am-11am (4)</td>
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<td>11am-12pm (2)</td>
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*SCHEDULE SUBJECT TO CHANGE – FAMILY SWIM CAPACITY SUBJECT TO LIFEGUARD RATIOS*