



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL RIVER AQUATICS

POOL SCHEDULE

JANUARY 2ND - FEBRUARY 19TH, 2023

TYLER LAMAR | AQUATICS DIRECTOR | TLAMAR@YMCASC.ORG



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-8:45pm (4)</p>	<p>Lap Swim 5am-8:45am (4) 12pm-4pm (4)</p>	<p>Lap Swim 5am-11am (4) 11:15am-12pm (2) 12pm-2pm (3) 2pm-4pm (4) 4pm-6pm (2) 7:30pm-8:45pm (4)</p>	<p>Lap Swim 5am-8:45am (4) 12pm-2pm (3) 2pm-4pm (4) 4pm-6:30pm (2)</p>	<p>Lap Swim 7am-8:45am (4) 2pm-3:30pm (4)</p>	<p>Family Swim 9am-12:30pm Full Pool</p>												
<p>Aqua Tone 9am-10am Full Pool</p>	<p>National Physical Therapy 12pm-2pm Lane 1 unavailable</p>	<p>Independent Exercise (18+) 9am-9:30am 10:30am-12pm Full Pool</p>	<p>LIFE Academy 11:15am-12pm 2 Lanes</p>	<p>Independent Exercise (18+) 10:30am-12pm Full Pool</p>	<p>Family Swim 12pm-2pm Full Pool</p>													
<p>Independent Exercise (18+) 10am-12pm Full Pool</p>	<p>Aqua Fit 6pm-7pm 3 Lanes</p>	<p>Aqua Zumba 9:45am-10:30am Full Pool</p>	<p>National Physical Therapy 12pm-2pm Lane 1 unavailable</p>	<p>Aqua Aerobics 9am-9:45am Full Pool</p>	<p>Swim Lessons</p> <table border="1"> <tr> <td>Monday (2)</td> <td>4:00pm - 6:30pm</td> </tr> <tr> <td>Tuesday (2)</td> <td>4:00pm - 7:30pm</td> </tr> <tr> <td>Wednesday (2)</td> <td>4:00pm - 6:30pm</td> </tr> <tr> <td>Thursday (2)</td> <td>4:00pm - 7:30pm</td> </tr> <tr> <td>Friday (2)</td> <td>4:00pm - 6:30pm</td> </tr> <tr> <td>Saturday (4)</td> <td>9:00am - 12:00pm</td> </tr> </table>		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
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<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 Full Pool</p>														
<p>Fall River Lightning 6:30pm-9pm Full Pool</p>		<p>Fall River Lightning 6:30pm-9pm Full Pool</p>		<p>National Physical Therapy 12pm-2pm Lane 1 unavailable</p>														
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SCHEDULE SUBJECT TO CHANGE - FAMILY SWIM CAPACITY SUBJECT TO LIFEGUARD RATIOS