



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL RIVER AQUATICS POOL SCHEDULE

SEPTEMBER 11TH- OCTOBER 29, 2023

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MON	TUES	WED	THURS	FRI	SAT	SUN
<p><b>Lap Swim</b> 5am-8:45am (4) 12pm - 4pm (4)</p>	<p><b>Lap Swim</b> 5am-11:45am (4) 12pm-2pm (3) 2pm-4pm (4) 7pm-7:30pm (3) 7:30pm-8:30pm (4)</p>	<p><b>Lap Swim</b> 5am-8:45am (4) 12pm-4pm (4)</p>	<p><b>Lap Swim</b> 5am-12pm (4) 1pm-2pm (3) 2pm-4pm (4) 7:30pm-8:30pm (4)</p>	<p><b>Lap Swim</b> 5am-8:45am (4) 12pm-2pm (3) 2pm-4pm (4)</p>	<p><b>Lap Swim</b> 7am-8:00am (4) 12pm-2:45pm (2)</p>	<p><b>Lap Swim</b> 9am-12:30am (2)</p>
<p><b>Independent Exercise (18+)</b> 9am-12pm Full Pool</p>	<p><b>Aqua Fit</b> 6pm-7pm 3 Lanes</p>	<p><b>Independent Exercise (18+)</b> 9am-12pm Full Pool</p>	<p><b>LIFE Academy</b> 12:15pm-1pm 3 Lanes</p>	<p><b>Independent Exercise (18+)</b> 9am-12pm Full Pool</p>	<p><b>Family Swim</b> 12pm-2:45pm Full Pool</p>	<p><b>Family Swim</b> 9am-12:30pm 2 lanes</p>
<p><b>Aqua Tone</b> 9am-10am Shallow End</p>	<p><b>Family Swim</b> 4pm-6:00pm 2 Lanes</p>	<p><b>Aqua Zumba</b> 9:00am-9:45am Shallow End</p>	<p><b>Aqua SMILE</b> 6pm-7pm 3 Lanes</p>	<p><b>Aqua Aerobics</b> 9am-9:45am Shallow End</p>	<p><b>Fall River Lightning</b> 8:00 AM - 9:00 AM Full Pool</p>	
<p><b>Family Swim</b> 4pm-6:00pm 2 Lanes</p>		<p><b>Family Swim</b> 4pm-6:00pm 2 Lanes</p>	<p><b>Family Swim</b> 4pm-6:00pm 2 Lanes</p>	<p><b>Deep-Water Aerobics</b> 10am-10:45am Deep End</p>	<p><b>Swim Lessons</b></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><b>Fall River Lightning</b> 6:00pm-9pm Full Pool</p>		<p><b>Fall River Lightning</b> 6:00pm-9pm Full Pool</p>		<p><b>Family Swim</b> 4pm-6:00pm 2 lanes</p>		
				<p><b>Fall River Lightning</b> 6:00pm-9pm Full Pool</p>		

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