



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL RIVER AQUATICS

POOL SCHEDULE

OCTOBER 30TH, 2023- NOVEMBER 24, 2023, 2023
JEREMY LEAL | AQUATICS DIRECTOR | JLEAL@YMCASC.ORG



MON	TUES	WED	THURS	FRI	SAT	SUN
Lap Swim 5am-8:45am (4) 12pm - 4pm (4)	Lap Swim 5:00 am-6:00pm (4) 6 PM - 7 PM (1) 7 PM - 8:30 PM (4)	Lap Swim 5am-8:45am (4) 12pm-4pm (4)	Lap Swim 5:00 am-6:00pm (4) 6 PM - 7 PM (1) 7 PM - 8:30 PM (4)	Lap Swim 5am-8:45am (4) 12pm-2pm (3) 2pm-4pm (4)	Lap Swim 7am-8:00am (4) 8am-9:00 AM (2) 12pm-3:30pm (2)	Lap Swim 9am-12:30am (2)
Independent Exercise (18+) 9am-12pm Full Pool	Aqua Fit 6pm-7pm 3 Lanes	Independent Exercise (18+) 9am-12pm Full Pool	Aqua SMILE 6pm-7pm 3 Lanes	Independent Exercise (18+) 9am-12pm Full Pool	Family Swim 12pm-3:30pm 2 lanes	Family Swim 9am-12:30pm 2 lanes
Aqua Tone 9am-10am Shallow End		Aqua Zumba 9:00am-9:45am Shallow End		Aqua Aerobics 9am-9:45am Shallow End	Fall River Lightning 8:00 AM - 9:00 AM 2 lanes	
Family Swim 4pm-6:00pm 2 Lanes		Family Swim 4pm-6:00pm 2 Lanes		Deep-Water Aerobics 10am-10:45am Deep End		Swim Lessons Monday 4pm-6:00pm (2) Wednesday 4pm-6:00pm (2) Friday 4pm-6:00pm (2) Saturday 9am-12pm (4)
Fall River Lightning 6:00pm-9pm Full Pool		Fall River Lightning 6:00pm-9pm Full Pool		Family Swim 4pm-6:00pm 2 lanes		
				Fall River Lightning 6:00pm-9pm Full Pool		

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