



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL RIVER AQUATICS

## POOL SCHEDULE

JANUARY 2ND - FEBRUARY 18, 2024



MON	TUES	WED	THURS	FRI	SAT	SUN												
<p><b>Lap Swim</b> 5am-9am (4) 12pm -4pm (4)</p>	<p><b>Lap Swim</b> 5:00 am-12:00pm (4) 12:00 - 2:00pm (3) 2:00 - 4:00pm (4) 4:00 - 6:00pm (2) 7 PM - 8:30 PM (4)</p>	<p><b>Lap Swim</b> 5am-9am (4) 12pm-4pm (4)</p>	<p><b>Lap Swim</b> 5:00 am-12:00pm (4) 12:00 - 2:00pm (3) 2:00 - 4:00pm (4) 4:00 - 6:00pm (2) 7 PM - 8:30 PM (4)</p>	<p><b>Lap Swim</b> 5am-9am (4) 12pm-2pm (3) 2pm-4pm (4) 4pm - 6pm (2)</p>	<p><b>Lap Swim</b> 7am-8:00am (4) 8am-9:00 AM (2) 12pm-3:30pm (2)</p>	<p><b>Lap Swim</b> 9am-12:30pm (2)</p>												
<p><b>Independent Exercise (18+)</b> 9am-12pm Full Pool</p>	<p><b>National Physical Therapy</b> 12pm-2pm Lane 1 unavailable</p>	<p><b>Independent Exercise (18+)</b> 9am-12pm Full Pool</p>	<p><b>National Physical Therapy</b> 12pm-2pm Lane 1 unavailable</p>	<p><b>Independent Exercise (18+)</b> 9am-12pm Full Pool</p>	<p><b>Family Swim</b> 12pm-3:30pm 2 lanes</p>	<p><b>Family Swim</b> 9am-12:30pm 2 lanes</p>												
<p><b>Aqua Zumba</b> 9am-9:45am Shallow End</p>	<p><b>Aqua Fit</b> 6pm-7pm 2 Lanes</p>	<p><b>Aqua Zumba</b> 9:00am-9:45am Shallow End</p>	<p><b>Aqua SMILE</b> 6pm-7pm 2Lanes</p>	<p><b>Aqua Tone</b> 9am-9:45am Shallow End</p>	<p><b>Fall River Lightning</b> 8:00 AM - 9:00 AM 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> <table border="1"> <tr> <td>Monday</td> <td>4pm-6:00pm (2)</td> </tr> <tr> <td>Tuesday</td> <td>4pm-7:00pm (2)</td> </tr> <tr> <td>Wednesday</td> <td>4pm-6:00pm (2)</td> </tr> <tr> <td>Thursday</td> <td>4pm-7:30pm (2)</td> </tr> <tr> <td>Friday</td> <td>4pm-6:00pm (2)</td> </tr> <tr> <td>Saturday</td> <td>9am-12pm (4)</td> </tr> </table>		Monday	4pm-6:00pm (2)	Tuesday	4pm-7:00pm (2)	Wednesday	4pm-6:00pm (2)	Thursday	4pm-7:30pm (2)	Friday	4pm-6:00pm (2)	Saturday	9am-12pm (4)
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\*SCHEDULE SUBJECT TO CHANGE - FAMILY SWIM CAPACITY SUBJECT TO LIFEGUARD RATIOS\*

Updated 1.2.24