



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL RIVER AQUATICS

POOL SCHEDULE

SPRING I: FEBRUARY 26TH-APRIL 14TH, 2024



MON

Lap Swim

5am-9am (4)
12pm-4pm (4)

Independent Exercise (18+)

9am-12pm
Full Pool

Aqua Zumba

9am-9:45am
Shallow End

Family Swim

4pm-6pm
2 Lanes

Fall River Lightning

6pm-9pm
Full Pool Unavailable

TUES

Lap Swim

5am-12pm (4)
12pm-2pm (3)
2pm-6pm (2)
7pm-8:30pm (4)

National Physical Therapy

12pm-2pm
Lane 1 unavailable

Family Swim

2pm-4pm
2 Lanes

Aqua Fit

6pm-7pm
2 Lanes

WED

Lap Swim

5am-9am (4)
12pm-4pm (4)

Independent Exercise (18+)

9am-12pm
Full Pool

Aqua Zumba

9am-9:45am
Shallow End

Family Swim

4pm-6pm
2 Lanes

Fall River Lightning

6pm-9pm
Full Pool Unavailable

THURS

Lap Swim

5am-12pm (4)
12pm-2pm (3)
2pm-6pm (2)
7pm-8:30pm (4)

National Physical Therapy

12pm-2pm
Lane 1 unavailable

Family Swim

2pm-4pm
2 Lanes

Aqua SMILE

6pm-7pm
2 Lanes

FRI

Lap Swim

5am-9am (4)
12pm-2pm (3)
2pm-4pm (4)
4pm-6pm (2)

Independent Exercise (18+)

9am-12pm
Full Pool

Aqua Tone

9am-9:45am
Shallow End

Deep-Water Aerobics

10am-10:45am
Deep End

National Physical Therapy

12pm-2pm
Lane 1 unavailable

Fall River Lightning

6pm-9pm
Full Pool Unavailable

SAT

Lap Swim

7am-8:00am (4)
8am-9:00 AM (2)
12pm-3:30pm (2)

Family Swim

12:30pm-3:30pm
2 lanes

Fall River Lightning

8am-9am
2 lanes unavailable

Swim Lessons

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-12:30pm (4)

SUN

Lap Swim

9am-12:30pm (2)

Family Swim

9am-12:30pm
2 lanes

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

Updated 2.22.24