



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL RIVER AQUATICS

POOL SCHEDULE

SPRING II: APRIL 22- JUNE 16, 2024



MON	TUES	WED	THURS	FRI	SAT	SUN
Lap Swim 5am-8:50am (4) 12pm-2pm (4) 2pm-6pm (2)	Lap Swim 5am-12pm (4) 12pm - 2pm (3) 2pm - 4pm (4) 7pm - 8:30pm (4)	Lap Swim 5am-8:50am (4) 12pm-2pm (4) 2pm-6pm (2)	Lap Swim 5am-12pm (4) 12pm - 2pm (3) 2pm - 4pm (4) 7pm - 8:30pm (4)	Lap Swim 5am-8:50am (4) 12pm-2pm (3) 2pm-4pm (4) 4pm-6pm (2)	Lap Swim 7am-8am (4) 8am-9am (2) 12pm-3:30pm (2)	Lap Swim 9am-12:30pm (2)
Aqua Zumba 9am-9:45am Shallow End	National Physical Therapy 12pm-2pm Lane 1 unavailable	Aqua Zumba 9am-9:45am Shallow End	National Physical Therapy 12pm-2pm Lane 1 unavailable	Aqua Tone 9am-9:45am Shallow End	**Fall River Lightning 8am - 9am 2 lanes	Family Swim 9am-12:30pm 2 lanes
Independent Exercise (18+) 9am-12pm Full Pool	Family Swim 4pm-6pm 2 Lanes	Independent Exercise (18+) 9am-12pm Full Pool	Family Swim 4pm-6pm 2 Lanes	Independent Exercise (18+) 9am-12pm Full Pool	Family Swim 12:30pm-3:30pm 2 lanes	
Family Swim 2pm-4pm 2 Lanes	Aqua Fit 6pm-7pm 2 Lanes	Family Swim 2pm-4pm 2 Lanes	Aqua SMILE 6pm-7pm 2 Lanes	Deep-Water Aerobics 10am-10:45am Deep End		
Fall River Lightning 6:00pm-7:00(2) 7:00pm-9pm Full Pool		Fall River Lightning 6:00pm-7:00pm(2) 7:00pm-9pm Full Pool		National Physical Therapy 12pm-2pm Lane 1 unavailable		
				Fall River Lightning 6:00pm-7:00(2) 7:00pm-9pm Full Pool		Swim Lessons Monday 4pm-6:30pm (2) Tuesday 4pm-7:00pm (2) Wednesday 4pm-6:30pm (2) Thursday 4pm-7:30pm (2) Friday 4pm-6:30pm (2) Saturday 9am-12:30pm (4)

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

**FALL RIVER LIGHTNING EVERY OTHER SATURDAY 5/4, 5/18, 6/1, 6/15.

Updated 4.26.24