

# FALL RIVER AQUATICS

## POOL SCHEDULE

SUMMER: AUGUST 5 - AUGUST 23, 2024



MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Lap Swim</b> 5am-8:50am (4) 12pm-1:45pm (2) 6pm-8pm (2) 8pm-8:30pm (4)	<b>Lap Swim</b> 5am-9:45am (4) 12pm-2pm (3) 2pm-3pm (4) 3pm-4pm (2) 7pm-7:30pm (2) 7:30pm-8:30pm (4)	<b>Lap Swim</b> 5am-8:50am (4) 12pm-1:45pm (2) 4pm-6pm (2) 8pm-8:30pm (4)	<b>Lap Swim</b> 5am-9:45am (4) 12pm-2pm (3) 2pm-3pm (4) 3pm-4pm (2) 7pm-8:30pm (4)	<b>Lap Swim</b> 5am-8:50am (4) 12pm-1:45pm (3) 7pm-8:30pm (4)	<b>Lap Swim</b> 7am-8:50am (4) 12pm-3:30pm (2)	<b>Lap Swim</b> 9am-12:30pm (2)
<b>Aqua Zumba</b> 9am-9:45am Shallow End	<b>Camp Swim</b> 10am-12pm Full Pool	<b>Aqua Zumba</b> 9am-9:45am Shallow End	<b>Camp Swim</b> 10am-12pm Full Pool	<b>Aqua Tone</b> 9am-9:45am Shallow End  <b>Deep Water Aerobics</b> 10am-10:45am Deep End	<b>Family Swim</b> 1pm-3:30pm 2 Lanes	<b>Family Swim</b> 9am-12:30pm 2 Lanes
<b>Independent Exercise (18+)</b> 9am-9:45am Deep End Only 9:45am-12pm Full Pool	<b>National Physical Therapy</b> 12pm-2pm Lane 1 Unavailable	<b>Independent Exercise (18+)</b> 9am-9:45am Deep End Only 9:45am-12pm Full Pool	<b>National Physical Therapy</b> 12pm-2pm Lane 1 Unavailable	<b>Independent Exercise (18+)</b> 9am-10am Deep End Only 10am-10:45am Shallow End Only 10:45am-12pm Full Pool	<p><i>*SCHEDULE SUBJECT TO CHANGE*</i></p> <p><i>*FAMILY SWIM CAPACITY SUBJECT TO LIFEGUARD RATIOS*</i></p>	
<b>Family Swim</b> 12pm-1:45pm 2 Lanes	<b>Family Swim</b> 4pm-6pm 2 Lanes	<b>Family Swim</b> 12pm-1:45pm 2 Lanes	<b>Family Swim</b> 4pm-7pm 2 Lanes	<b>National Physical Therapy</b> 12pm-2pm Lane 1 Unavailable	<b>Swim Lessons</b>	
<b>Camp Swim</b> 2pm-4pm Full Pool	<b>Aqua Fit</b> 6pm-7pm 2 Lanes	<b>Camp Swim</b> 2pm-4pm Full Pool		<b>Camp Swim</b> 2pm-4pm Full Pool	Monday 4pm-6pm (4) 6pm-8pm (2)	Tuesday 3pm-7:30pm (2)
		<b>Family Swim</b> 6pm-8pm 2 Lanes		<b>Family Swim</b> 4pm-7pm 2 Lanes	Wednesday 4pm-8pm (2)	Thursday 3pm-7pm (2)
					Friday 4pm-7pm (2)	Saturday 9am-1pm (4)