

ALL AGES

FALL RIVER YMCA POOL SCHEDULE

April 28th - May 31st



AQUATICS

IMPORTANT NOTES:



National Physical Therapy:
Tuesdays, Thursdays & Fridays
12pm-2pm (1)

Spring II Session Begins:
Monday, April 28th
Registration Now Open

Swim Team:
Spring/Summer Season
April 28th-August 1st
Mondays & Wednesdays
6pm-8pm (4)
Fridays
6pm-7:30pm (4)

**Saturday, May 4:
Swim Team will practice from
7:30am to 9am using 2 lap lanes

MON	TUES	WED	THUR	FRI	SAT	SUN
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LAP SWIM

5am-8:50am (3) 12pm-3pm (3) 3pm-4pm (2) 5pm-6pm (2) 8pm-8:45pm (4)	5am-10am (3) 10am-12pm (2) 12pm-2pm (3) 2pm-4pm (4) 4pm-6pm (2) 7pm-7:30pm (2) 7:30-8:45pm (3)	5am-8:50am (3) 12pm-4pm (3) 4pm-5:30pm (1) 5:30pm-6pm (2) 8pm-8:45pm (4)	5am-10am (3) 10am-12pm (2) 12pm-2pm (3) 2pm-4pm (2) 6:30pm-8:45pm (1)	5am-9:20am (3) 12pm-2pm (2) 2pm-3pm (4) 3pm-4pm (2) 4pm-5:30pm (1) 5:30pm-6pm (2) 7:30pm-8:45pm (2)	7am-9am (3)** 9am-12pm (1) 12pm-1pm (2) 1pm-2pm (1) 2pm-3:45pm (2)	9am-10am (2)
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INDEPENDENT EXERCISE

5am-8:50am (1) 9am-9:45am (4) (Deep End) 9:45am-12pm (2) 12pm-3pm (1)	5am-10am (1) 10am-12pm (2) 6pm-7pm (2) (Deep End)	5am-8:50am (1) 9am-9:45am (4) (Deep End) 9:45am-12pm (2) 12pm-3pm (1)	5am-10am (1) 10am-12pm (2) 5:30pm-6:30pm (2) (Deep End)	5am-9:20am (1) 9:30am-10:30am (4) (Deep End) 10:30am-12pm (2) 12pm-2pm (1)	7am-9am (1)	
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AQUACISE

9am-9:45am (4)	6pm-7pm (2)	9am-9:45am (4)	5:30pm-6:30pm (2)	9:30am-10:30am (4)		
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FAMILY SWIM

9:45am-12pm (2) 3pm-5pm (2)		9:45am-12pm (2)	2pm-5:30pm (2)	10:30am-12pm (2) 7:30pm-8:45pm (2)	1pm-3:45pm (2)	10:30am-12:45pm (2)
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SWIM LESSONS (REGISTRATION REQUIRED)

4pm-6pm (2)	4pm-7:30pm (2) 7:30pm-8:45pm (1)	3pm-4pm (1) 4pm-5:30pm (3) 5:30pm-6pm (2)	4pm-6:30pm (2) 6:30pm-8:45pm (3)	3pm-4pm (2) 4pm-5:30pm (3) 5:30pm-6pm (2)	9am-12pm (3) 12pm-1pm (2) 1pm-2pm (1)	9am-10am (2) 10am-10:30am (4) 10:30am-12:45pm (2)
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COLOR CODES:

- Swim Lessons
- Lap Swim
- Aquacise
- Independent Exercise
- Family Swim

We reserve the right to make changes at any time. The capacity for Family Swim is subject to lifeguard ratios.



YMCA SOUTHCOAST

ymcasc.org

Dartmouth YMCA 508.996.3361 • Fall River YMCA 508.675.7841 • Gleason Family YMCA 508.295.9622

Mattapoisett YMCA 508.758.4203 • New Bedford YMCA 508.997.0734 • Stoico/FIRSTFED YMCA 508.678.9622

The number in parentheses (#) dictates the number of lanes available.