

ALL AGES

FALL RIVER YMCA POOL SCHEDULE

May 28th - June 22nd



AQUATICS

IMPORTANT NOTES:



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

Summer Session Begins:
Monday, June 23
Member Registration Begins:
Monday, June 2nd
Non-Member Registration Begins:
Monday, June 9th

Swim Team:
Spring/Summer Season
April 28th-August 1st
Mondays & Wednesdays
6pm-8pm (4)
Fridays*
6pm-7:30pm (4)
*Starting June 26th, Friday
practices will switch to Thursdays
for the remainder of the season

**Saturdays, May 31 & June 7
Swim Team will practice from
7:30am to 9am using 2 lap lanes

COLOR CODES:

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

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

MON

TUES

WED

THUR

FRI

SAT

SUN

LAP SWIM

5am-8:50am (3)
12pm-3pm (3)
3pm-4pm (2)
5pm-6pm (2)
8pm-8:45pm (4)

5am-7:35am (3)
8:30am-12pm (2)
12pm-2pm (3)
2pm-3pm (4)
3pm-4pm (2)
7pm-8:45pm (2)

5am-8:50am (3)
12pm-3pm (3)
3pm-3:30pm (2)
3:30pm-5:30pm (1)
5:30pm-6pm (2)
8pm-8:45pm (4)

5am-10am (3)
10am-11:45am (2)
12:30pm-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-1pm (2)
1pm-2pm (1)
2pm-3:45pm (2)

9am-9:30am (2)
9:30am-10:30am (1)

INDEPENDENT EXERCISE

5am-8:50am (1)
9am-9:45am (4)
(Deep End)
9:45am-12pm (2)
12pm-3pm (1)

5am-7:35am (1)
7:45am-8:30am (4)
(Deep End)
8:30am-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-11:45am (2)
11:45am-12:30pm (3)
(Deep End)
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)

AQUACISE

9am-9:45am (4)

7:45am - 8:30am (4)
6pm-7pm (2)

9am-9:45am (4)

11:45am-12:30pm (3)
5:30pm-6:30pm (2)

9:30am-10:30am (4)

FAMILY SWIM

9:45am-12pm (2)
3pm-5pm (2)

3pm-6pm (2)
8pm-8:45pm (2)

9:45am-12pm (2)
3pm-4pm (2)

2pm-5:30pm (2)

10:30am-12pm (2)
3pm-4pm (2)
7:30pm-8:45pm (2)

1pm-3:45pm (2)

10:30am-12:45pm (2)

SWIM LESSONS (REGISTRATION REQUIRED)

4pm-6pm (2)

4pm-8pm (2)

3:30pm-4pm (1)
4pm-5:30pm (3)
5:30pm-6pm (2)

4pm-6:30pm (2)
6:30pm-8:45pm (3)

4pm-5:30pm (3)
5:30pm-6pm (2)

9am-1pm (2)
1pm-2pm (1)

9am-9:30am (2)
9:30am-10:30am (3)
10:30am-12:45pm (2)

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



YMCA SOUTHCOST

ymcasc.org

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