

# ALL AGES

## FALL RIVER YMCA POOL SCHEDULE

June 23rd – August 3rd



# AQUATICS

### IMPORTANT NOTES:



\*National Physical Therapy (NPT):  
Tuesdays, Thursdays & Fridays  
12pm-2pm (Lane 1 w/ Stairs)

\*\*Deep End (DE) Independent  
Exercise Times Can Be Used For  
Half-Laps

Swim Team:  
Spring/Summer Season  
April 28th-August 1st  
Mondays & Wednesdays  
6pm-8pm (4)  
Thursdays  
6pm-6:30pm (2)  
6:30pm-7:30pm (4)

\*\*\*Saturdays June 28th & July 19th  
Swim Team Will Practice  
7:30am-9am (2)

MON

TUES

WED

THUR

FRI

SAT

SUN

### LAP SWIM

5am-9am (3)  
12pm-2pm (3)  
3pm-4pm (1)  
4pm-5:30pm (2)  
8pm-8:45pm (4)

5am-7:45am (3)  
7:45am-8:30am (2)  
8:30am-9:45am (2)  
12pm-4pm (2)  
7pm-8:45pm (2)

5am-9am (3)  
11am-12pm (1)  
12pm-4pm (2)  
4pm-5:30pm (1)  
8pm-8:45pm (4)

5am-9:45am (3)  
11:45am-12:30pm (1)  
12:30pm-2pm (2)  
2pm-4pm (2)  
7:30pm-8:45pm (2)

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

7am-9am (3)\*\*\*  
9am-3:45pm (2)

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

### INDEPENDENT EXERCISE\*\*

5am-9am (1)  
9am-9:45am (4 DE)  
9:45am-12pm (2)  
12pm-2pm (1)  
2pm-3pm (4 DE)

5am-7:45am (1)  
7:45am-8:30am (2 DE)  
8:30am-9:45am (2)  
9:45am-10:45am (4 DE)  
\*NPT: 12pm-2pm (1)  
12pm-2pm (1)  
6pm-7pm (2 DE)

5am-9am (1)  
9am-11am (4 DE)  
12pm-2pm (2)

5am-9:45am (1)  
9:45am-10:45am (4 DE)  
11:45am-12:30pm (2 DE)  
\*NPT: 12pm-2pm (1)  
12:30pm-2pm (1)  
5:30pm-6:30pm (2 DE)

5am-9:30am (1)  
9:30am-10:30am (4 DE)  
10:30am-12pm (2)  
\*NPT: 12pm-2pm (1)  
12pm-2pm (1)  
2pm-3pm (4 DE)

7am-9am (1)

9am-10am (1)

### AQUACISE (SHALLOW END ONLY)

9am-9:45am (4)

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

9am-9:45am (4)

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

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

### FAMILY SWIM (7yrs & Under, Must be Accompanied by an Adult in the Pool)

9:45am-12pm (2)

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

2pm-4pm (2)

2pm-5:30pm (2)  
7:30pm-8:45pm (2)

10:30am-12pm (2)  
6:30-8pm (2)

1pm-3:45pm (2)

10am-12:45pm (2)

### SWIM LESSONS (REGISTRATION REQUIRED) & CAMP SWIM

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

CAMP: 9:45am-11:45am (4)  
4pm-8pm (2)

CAMP: 9:45am-11am (4)  
CAMP: 11am-12pm (3)  
4pm-5:30pm (3)  
5:30pm-6pm (4)

CAMP: 9:45am-11:45am (4)  
4pm-6pm (2)

CAMP: 2pm-3pm (4)  
CAMP: 3pm-4pm (3)  
3pm-4pm (1)  
4pm-5:30pm (2)  
5:30pm-6:30pm (3)  
6:30pm-8:45pm (2)

9am-1pm (2)

### 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.