

ALL AGES

FALL RIVER YMCA POOL SCHEDULE

June 23rd - August 3rd



AQUATICS

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)	
--	---	--	---	---	-------------	--

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)

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.