

ALL AGES

FALL RIVER YMCA POOL SCHEDULE

July 7th – 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)

***Saturday July 19th
Swim Team Will Practice
7:30am-9am (2)

MON	TUES	WED	THUR	FRI	SAT	SUN
LAP SWIM						
5am-9am (3) 12pm-1:15pm (3) 1:15pm-2pm (2) 4pm-5:30pm (2) 8pm-8:45pm (4)	5am-7:45am (3) 7:45am-8:30am (2) 8:30am-9:45am (2) 11:45am-4pm (2) 7pm-8:45pm (2)	5am-9am (3) 12pm-12:45pm (1) 12:45pm-2pm (3) 2pm-3:30pm (2) 3:30pm-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-1:15pm (2) 1:15pm-2pm (1) 4pm-5:30pm (2) 5:30pm-8:45pm (1)	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-1:15pm (1)	5am-7:45am (1) 7:45am-8:30am (2 DE) 8:30am-9:45am (2) *NPT: 12pm-2pm (1) 11:45am-2pm (1) 6pm-7pm (2 DE)	5am-9am (1) 9am-9:45am (4 DE) 12pm-2pm (1)	5am-9:45am (1) 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-1:15pm (1)	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)	2pm-4pm (2)	2pm-5:30pm (2) 7:30pm-8:45pm (2)	10:30am-12pm (2) 7:30-8:45pm (2)	12:30pm-3:45pm (2)	10am-12:45pm (2)
SWIM LESSONS (REGISTRATION REQUIRED) & CAMP SWIM						
CAMP: 1:15pm-2pm (2) CAMP: 2pm-4pm (4) 4pm-5:30pm (2) 5:30pm-6pm (4)	CAMP: 9:45am-11:45am (4) 4pm-8:45pm (2)	CAMP: 9:45am-12pm (4) CAMP: 12pm-12:45pm (2) 3:30pm-4pm (1) 4pm-5:30pm (3) 5:30pm-6pm (4)	CAMP: 9:45am-11:45am (4) 4pm-6pm (2)	CAMP: 1:15pm-2pm (2) CAMP: 2pm-3pm (4) CAMP: 3pm-4pm (3) 3pm-4pm (1) 4pm-5:30pm (2) 5:30pm-7:30pm (3) 7:30pm-8:45pm (1)	9am-12:30pm (2)	

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

COLOR CODES:

	Swim Lessons
	Lap Swim
	Aquacise
	Independent Exercise
	Family Swim

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



YMCA SOUTHCOAST

ymcasc.org

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