

ALL AGES

FALL RIVER YMCA POOL SCHEDULE

August 25th - August 31st



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 Lessons:
Fall Session Registration Is Now
Open

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

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.