

ALL AGES

FALL RIVER YMCA POOL SCHEDULE

SEPTEMBER 2ND - OCTOBER 26TH



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
Shallow End (SE) Available on
Fridays From 10:30am-11:30am

MON

TUES

WED

THUR

FRI

SAT

SUN

LAP SWIM

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

5am-7:45am (3)
7:45am-2pm (2)
2pm-3pm (4)
3pm-4pm (2)
6:30pm-8pm (1)
8pm-8:45pm (4)

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

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

5am-9:30am (3)
11:30am-2pm (2)
2pm-3pm (4)
3pm-5:30pm (3)
5:30pm-6pm (1)
8pm-8:45pm (2)

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

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)
5:30pm-6:30pm (2 DE)

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

5am-9am (1)
9am-10am (2 DE)
10am-12pm (2)
*NPT: 12pm-2pm (1)
12pm-2pm (1)

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

7am-9am (1)

9am-10am (1)

AQUACISE

9am-9:45am (4)

7:45am - 8:30am (2)
5:30pm-6:30pm (2)

9am-9:45am (4)

9:15am-10am (2)

9:30am-10:30am (4)
10:30am-11:30am (4)

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

4:30pm-6pm (2)

3pm-5:30pm (2)

7pm-8:45pm (2)

1pm-3:45pm (2)

10am-12:45pm (2)

SWIM LESSONS & SWIM TEAM (REGISTRATION REQUIRED)

SL: 4pm-5:30pm (2)
ST: 5:30pm-6pm (2)
6pm-8pm (4)
8pm-8:45pm (3)

SL: 4pm-5:30pm (2)
ST: 5:30pm-6:30pm (2)
6:30pm-8pm (3)

SL: 4pm-5:30pm (2)
ST: 5:30pm-6pm (2)
6pm-8pm (4)
8pm-8:45pm (3)

SL: 4pm-6:30pm (2)
6:30pm-8pm (1)
ST: 5:30pm-6:30pm (2)
6:30pm-8pm (3)

SL: 3pm-6pm (1)
ST: 5:30pm-6pm (2)
6pm-7pm (4)
7pm-8pm (2)

SL: 9am-1pm (2)

SL: 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 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.