

# ALL AGES

## FALL RIVER YMCA POOL SCHEDULE

February 16<sup>th</sup> - February 22<sup>nd</sup>



# 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

\*\* PLEASE NOTE:  
Childcare will be using 2 lanes on  
Tuesday- Friday from 2pm-4pm.

Thursday 2/19 from 5-5:30pm  
Stage A/B will be using 2 lanes.

MON	TUES	WED	THUR	FRI	SAT	SUN
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### LAP SWIM

5am-9am (3) 9am-10am (0) 10am-12pm (2) 12pm-3pm (3) 3pm- 8:45pm (2)	5am-7:30am (3) 7:30am- 8:30am (0) 8:30am- 4pm (2) 4pm- 5:30pm (2) 5:30pm- 8pm (0) 8pm- 8:45pm (2)	5am-9am (3) 9am-10am (0) 10am-2pm (2) 2pm-4pm (1) 4pm-6pm (2) 6pm-8pm (0) 8pm- 8:45pm (2)	5am-9am (3) 9am-2pm (2) 2pm-4pm (1) 4pm-5:30pm (2) 5:30pm-8pm (0) 8pm-8:45pm (4)	5am-9:30am (3) 9:30am-11:30am (0) 11:30am-2pm (2) 2pm-4pm (1) 4pm-5:30pm (2) 5:30pm-8pm (0) 8pm-8:45pm (2)	7am- 7:30pm (3) 7:30pm- 12pm (1) 12pm- 3:45pm (2)	9am-10am (3) 10am-12pm (0) 12pm- 12:45pm (2)
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### INDEPENDENT EXERCISE\*\*

5am-9am (1) 9am-10am (0) 10am-12pm (2) 12pm-3pm (1) 3pm-7pm (0) 7pm- 8:45pm (1)	5am-7:30am (1) 7:30am-8:30am (0) 7:30am-8:30am DE 8:30am-12pm (2) 12pm-2pm (1) 2pm-8:45pm (0)	5am-9am (1) 9am-10am (0) 10am-4pm (1) 4pm-8:45pm (0)	5am-9am (1) 9am-10am (0) 10am-4pm (1) 4pm-8:45pm (0)	5am-9:30am (1) 9:30am-11:30am (0) 9:30am-11:30am DE 11:30am-4:30pm (1) 4:30pm-8:45pm (0)	7am-7:30am (1)	9am-10am (1)
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### AQUACISE

9am-10am (4)	7:45am - 8:30am (2) 5:30pm-6:30pm (2)	9am-10am (4)	9am-10am (2)	9:30am-11:30am (4)		
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### OPEN SWIM

3pm-8:30pm	4pm- 5:30pm 8pm-8:45pm	4pm-5:30pm	7:30pm- 8:45pm	7pm-8:45pm	12pm-3:45pm	11am-12:45pm
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### COLOR CODES:

- 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.