

# ALL AGES

## FALL RIVER YMCA POOL SCHEDULE

August 17th - 30th



## 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:

Summer Camp will be in the pool  
monday, wednesday, and friday  
from 12:30pm-3:40pm and  
tuesday and thursday from 10am-  
12:30pm

MON

TUES

WED

THUR

FRI

SAT

SUN

### LAP SWIM

5am-9am (3)  
10am-12:30pm (3)  
12:30pm-4pm (1)  
4pm-8:45pm (3)

camp runs from  
12:30pm-3:40pm

5am-7:30am (3)  
8:30pm-10am (3)  
10am-12pm (1)  
12pm-4pm (2)  
4pm-5:15pm (3)  
5:15pm-6:45pm (2)  
6:45pm-8:45pm (3)

camp runs from  
10am-12pm

5am-9am (3)  
10am-12:30pm (2)  
12:30pm-4pm (1)  
4pm-8:45pm (3)

camp runs from  
12:30pm-3:40pm

5am-8am (3)  
8am-9pm (1)  
9am-10am (3)  
10am-12pm (1)  
12pm-4pm (2)  
4pm-8:45pm (3)

camp runs from  
10am-12pm

5am-9:30am (3)  
11:30am-12:30pm (2)  
12:30pm-4pm (1)  
4pm-8:45pm (3)

camp runs from  
12:30pm-3:40pm

7am-12pm (3)  
12pm-3:45pm (2)

9am-11:30am (3)  
11:30am-12:45pm (2)

### INDEPENDENT EXERCISE\*\*

5am-9am (1)  
10am-4pm (1)  
8pm-8:45pm (1)

5am-7:30am (1)  
7:30am-8:30am DE (1)  
8:30am-12pm (1)  
3pm-8:45pm (1)

5am-9am (1)  
10am-4pm (1)

5am-8am (1)  
9am-12pm (1)

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

7am-12pm (1)

9am-11:30am (1)

### AQUACISE

9am-10am (4)

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

9am-10am (4)

8am-9am (2)

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

### OPEN SWIM

2pm-4pm

8pm-8:45pm

2pm-4pm  
7:30pm-8:45pm

7:30pm-8:45pm

12pm-3:45pm

11:30am-  
12:45pm

### 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 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.