

ALL AGES

FALL RIVER YMCA POOL SCHEDULE

August 31st - September 13th



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:
Swim lessons may use up to 2 Lanes
Monday 4-6:30pm
Tuesday 4:15-5:15pm
Wednesday 4-6:30pm
Thursday 4:30-5:30pm
Saturday 9:30am-11:30am

MON	TUES	WED	THUR	FRI	SAT	SUN
LAP SWIM						
5am-9am (3) 10am-4pm (3) 4pm-8:45pm (2)	5am-7:30am (3) 8:30am-4:30pm (3) 4:30pm-6:30pm (1) 6:30-8:45pm (2)	5am-9am (3) 10am-4pm (3) 4pm-8:45pm (2)	5am-8am (3) 8am-9pm (2) 9am-4:30pm (3) 4:30pm-5:30pm (1) 5:30pm-6:30pm (3) 6:30pm-8:45pm (2)	5am-9:30am (3) 11:30am-12:30pm (2) 12:30pm-4:00pm (3) 4:00pm-8:45pm (2)	7am-9:30am (3) 9:30am-11:30am (1) 11:30am-3:45pm (2)	9am-11:30am (3) 11:30am-12:45pm (2)
INDEPENDENT EXERCISE**						
5am-9am (1) 10am-4pm (1) 6:30pm-8:45pm (1)	5am-7:30am (1) 7:30am-8:30am DE 8:30am-12pm (1) 2pm-8:45pm (1)	5am-9am (1) 10am-4pm (1) 6:30-8:45pm (1)	5am-8am (1) 9am-12pm (1) 8:30am-12pm (1) 2pm-8:45pm (1)	5am-9:30am (1) 9:30am-10:30am DE 10:30am-11:30am SE 2pm-8:45pm (1)	7am-12:00pm (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						
6:30pm-8:45pm	6:30-8:45pm	6:30-8:45pm	6:30pm-8:45pm	4:00pm-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.