

ALL AGES

FALL RIVER YMCA POOL SCHEDULE

September 12th–October 25th



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

Swim Team Will be practicing:
M–F: 5:30pm–8pm

MON

TUES

WED

THUR

FRI

SAT

SUN

LAP SWIM

5am–9am (3)
10am–4pm (3)
4pm–5:30pm (2)
7:30pm–8:45pm (1)

5am–7:30am (3)
8:30am–4:30pm (3)
4:30pm–6:00pm (1)
8pm–8:45pm (2)

5am–9am (3)
10am–4pm (3)
4pm–5:30pm (1)
7:30pm–8:45pm (1)

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

5am–9:00am (3)
11:00am–12:30pm (2)
12:30pm–4:00pm (3)
4pm–5:30pm (1)
8pm–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)

5am–7:30am (1)
7:30am–8:30am DE (1)
8:30am–12pm (1)
2pm–6pm (1)

5am–9am (1)
10am–4pm (1)

5am–8am (1)
9am–12pm (1)
8:30am–12pm (1)
2pm–6pm (1)

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

9:00am–11:00am (4)

OPEN SWIM

8pm–8:45pm

8pm–8:45pm

8:00pm–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.