



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL RIVER AQUATICS

## POOL SCHEDULE

SPRING I: MARCH 18TH-APRIL 14TH, 2024



MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Lap Swim</b> 5am-8:45am (4) 12pm-4pm (4) 6pm-8:30pm (4)	<b>Lap Swim</b> 5am-12pm (4) 12pm - 2pm (3) 2pm - 6pm (2) 7pm - 8:30pm (4)	<b>Lap Swim</b> 5am-8:45am (4) 12pm-4pm (4) 6pm-8:30pm (4)	<b>Lap Swim</b> 5am-12pm (4) 12pm - 2pm (3) 2pm - 6pm (2) 7pm - 8:30pm (4)	<b>Lap Swim</b> 5am-8:45am (4) 12pm-2pm (3) 2pm-6pm (2) 6pm-8:30pm (4)	<b>Lap Swim</b> 7am-9:00 AM (4) 12pm-3:30pm (2)	<b>Lap Swim</b> 9am-12:30pm (2)
<b>Independent Exercise (18+)</b> 9am-12pm Full Pool	<b>National Physical Therapy</b> 12pm-2pm Lane 1 unavailable	<b>Independent Exercise (18+)</b> 9am-12pm Full Pool	<b>National Physical Therapy</b> 12pm-2pm Lane 1 unavailable	<b>Independent Exercise (18+)</b> 9am-12pm Full Pool	<b>Family Swim</b> 12:30pm-3:30pm 2 lanes	<b>Family Swim</b> 9am-12:30pm 2 lanes
<b>Aqua Zumba</b> 9am-9:45am Shallow End	<b>Family Swim</b> 2pm-4pm 2 Lanes	<b>Aqua Zumba</b> 9am-9:45am Shallow End	<b>Family Swim</b> 2pm-4pm 2 Lanes	<b>Aqua Tone</b> 9am-9:45am Shallow End	<b>Swim Lessons</b> Monday 4pm-6:00pm (2) Tuesday 4pm-7:00pm (2) Wednesday 4pm-6:00pm (2) Thursday 4pm-7:30pm (2) Friday 4pm-6:00pm (2) Saturday 9am-12:30pm (4)	
<b>Family Swim</b> 4pm-6pm 2 Lanes	<b>Aqua Fit</b> 6pm-7pm 2 Lanes	<b>Family Swim</b> 4pm-6pm 2 Lanes	<b>Aqua SMILE</b> 6pm-7pm 2 Lanes	<b>Deep-Water Aerobics</b> 10am-10:45am Deep End		
				<b>National Physical Therapy</b> 12pm-2pm Lane 1 unavailable		
				<b>Family Swim</b> 2pm-4pm 2 Lanes		

\*SCHEDULE SUBJECT TO CHANGE. FAMILY SWIM CAPACITY SUBJECT TO LIFEGUARD RATIOS\*

Updated 3.18.24