



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FALL RIVER AQUATICS

APRIL 15TH - APRIL 21ST

APRIL BREAK WEEK 2024



MON 4/15

Lap Swim

5am-9am (4)
12pm -4pm (4)
4pm-6pm (2)
6pm-8:30pm (4)

Independent Exercise (18+)

9am-12pm
Full Pool

Aqua Zumba

9am-9:45am
Shallow End

Family Swim

4pm-6pm
2 Lanes

TUE 4/16

Lap Swim

5am-9:50am (4)
2pm - 6pm (4)
6pm - 7pm (2)
7pm-8:30pm (4)

Camp Swim

10am - 12pm
Full Pool Unavailable

National Physical Therapy

12pm-2pm
Lane 1 unavailable

Family Swim

12pm-2pm
3 lanes

Aqua Fit

6pm-7pm
2 lanes

WED 4/17

Lap Swim

5am-8:50am (4)
12pm-1:50pm (4)
4pm-6pm (2)

Aqua Zumba

9am-9:45am
Shallow End

Independent Exercise (18+)

9am-12pm
Full Pool

Camp Swim

2pm-4pm
Full Pool Unavailable

Family Swim

4pm-6pm
2 lanes

Fall River Swim Team Tryouts

6pm-9pm
Full Pool Unavailable

THU 4/18

Lap Swim

5am-9:50am (4)
2pm-5:50pm

Camp Swim

10am-12pm
Full Pool Unavailable

National Physical Therapy

12pm-2pm
Lane 1 unavailable

Family Swim

12pm- 2pm
3 lanes

Aqua SMILE

6pm-7pm
2 lanes

Fall River Swim Team Tryouts

6-9pm
Full Pool Unavailable

FRI 4/19

Lap Swim

5am-8:50am(4)
12pm-1:50pm (3)
4pm-6pm (2)
6pm-8:30pm (4)

**Aqua Aerobics
Deep-Water Aerobics**

9am-9:45am
10am - 10:45am
Full Pool

Independent Exercise (18+)

10:45am-12pm
Full Pool

National PT

12pm-2pm
Lane 1 unavailable

Camp Swim

2pm-4pm
Full Pool Unavailable

Family Swim

4pm-6pm
2 lanes

SAT 4/20

Lap Swim

7am-8am (4)
9:00am-12pm (2)
12pm-3:30pm (2)

Makeup swim lesson

9am-12pm
2 lanes

Family Swim

12-3:30pm
2 lanes

SUN 4/21

Lap Swim

9am - 12:30pm (2)

Family Swim

9am-12:30pm
2 lanes

***SCHEDULE SUBJECT TO CHANGE
& FAMILY SWIM CAPACITY
SUBJECT TO LIFEGUARD RATIOS***

Updated 4/9/24