

ALL AGES

FALL RIVER YMCA POOL SCHEDULE

December 22nd - January 4th



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

MON	TUES	WED	THUR	FRI	SAT	SUN
LAP SWIM						
5am-9am (3) 9:45am-12pm (2) 12pm-1:30pm (1) 3:30pm-4pm (4) 4pm-4:30pm (2) 4:30pm-5:30pm (1) 8pm-8:45pm (1)	5am-7:45am (3) 7:45am-1:30pm (2) 3:30pm-4pm (2) 4pm-5:30pm (1) 6:30pm-8pm (1) 8pm-8:45pm (4)	5am-9am (3) 9:45am-12pm (2) BRANCH CLOSED @ 12PM FOR CHRISTMAS EVE & NEW YEARS EVE	BRANCH CLOSED FOR CHRISTMAS & NEW YEARS DAY	5am-9:30am (3) 11:30am-1:30pm (1) 3:30pm-4:30pm (3) 4:30pm-6pm (1) 8pm-8:45pm (2)	7am-9am (3) 9am-3:45pm (2)	9am-10am (3)
INDEPENDENT EXERCISE**						
5am-9am (1) 9am-9:45am (4 DE) 9:45am-12pm (2) 12pm-1:30pm (1)	5am-7:45am (1) 7:45am-8:30am (2DE) 8:30am-12pm (2) 12pm-1:30pm (1) 5:30pm-6:30pm (2DE)	5am-9am (1) 9am-9:45am (4DE) 9:45am-12pm (2) BRANCH CLOSED @ 12PM FOR CHRISTMAS EVE & NEW YEARS EVE		5am-9:30am (1) 9:30am-10:30am (4DE) 10:30am-11:30am (4SE) 11:30am-12pm (2) 12pm-1:30pm (1)	7am-9am (1)	9am-10am (1)
AQUACISE						
9am-9:45am (4)	7:45am - 8:30am (2) 5:30pm-6:30pm (2)	9am-9:45am (4)		9:30am-10:30am (4) 10:30am-11:30am (4)		
OPEN SWIM						
4:30pm-6pm (2)	3:30pm-5:30pm (2)			7pm-8:45pm (2)	1pm-3:45pm (2)	10am-12:45pm (2)

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.