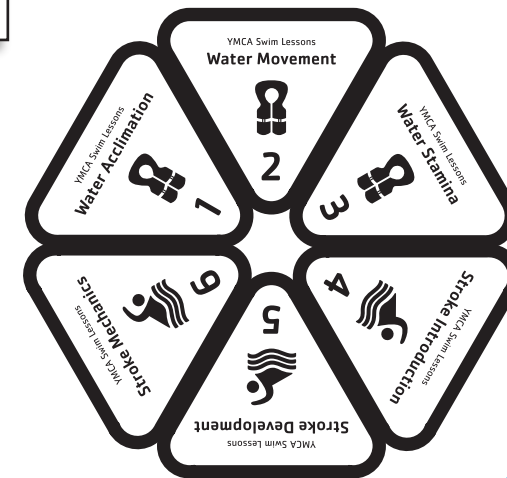


DOWNTOWN YMCA RECREATION POOL SCHEDULE

MONDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:00 AM	10:30 - 11:00 AM				
	ARTHRITIC AQUA FIT	ARTHRITIC AQUA FIT	SENIOR SOCIAL	AQUA DANCE				
TUESDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 AM - 12:30 PM	2:30 - 3:30 PM	3:30 - 4:30 PM	5:00 - 6:00 PM	
	FOREVER FIT	AQUA DANCE	WATER AEROBICS	SENIOR SOCIAL	PARENT & TOT	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS	
WEDNESDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 AM - 12:30 PM	4:00 - 6:00 PM			
	ARTHRITIC AQUA FIT	ARTHRITIC AQUA FIT	PARENT & TOT	AQUA TABATA	RESERVED			
THURSDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 AM - 12:30 PM	12:30 - 1:30 PM	2:30 - 3:00 PM	3:30 - 4:30 PM	5:00 - 6:00 PM
	FOREVER FIT	FOREVER FIT	WATER AEROBICS	AQUA DANCE	SENIOR SOCIAL	PARENT & TOT	LEVEL A/B & B/D SWIM LESSONS	LEVEL A/C & B/D SWIM LESSONS
FRIDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 AM - 12:30 PM	4:00 - 5:00 PM PM	5:00 - 6:30 PM		
	ARTHRITIC AQUA FIT	ARTHRITIC AQUA FIT	PARENT & TOT	AQUA TABATA	RENTAL	OPEN SWIM		
SATURDAY	8:00 - 8:30 AM	9:00 - 10:00 AM	10:30 - 11:00 AM	11:00 AM - 12:00 PM	12:00 - 1:30 PM			
	PARENT & TOT	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS	RENTAL	OPEN SWIM			

SCHEDULE SUBJECT TO CHANGE. AS CLASS SIZES CHANGE, WE MAY ADD OR REMOVE CLASSES.

**Thank you for you cooperation.
The Watertown Family YMCA Staff**



**FIND YOUR FUN
FIND YOUR Y.**