

DOWNTOWN YMCA LAP POOL SCHEDULE

MONDAY	6:00 AM - 2:00 PM	4:00 - 6:00 PM		
	LAP SWIM	LAP SWIM		
TUESDAY	6:00 AM - 2:00 PM	4:00 - 6:00 PM		
	LAP SWIM	LAP SWIM		
WEDNESDAY	6:00 AM - 2:00 PM	4:00 - 6:00 PM	6:00 - 7:00 PM	7:00 - 8:00 PM
	LAP SWIM	LAP SWIM	LEVEL E SWIM LESSONS	LEVEL F SWIM LESSONS
THURSDAY	6:00 AM - 2:00 PM	4:00 - 6:00 PM		
	LAP SWIM	LAP SWIM		
FRIDAY	6:00 AM - 2:00 PM	4:00 - 6:00 PM		
	LAP SWIM	LAP SWIM		
SATURDAY	7:00 AM - 2:00 PM			
	CLOSED			

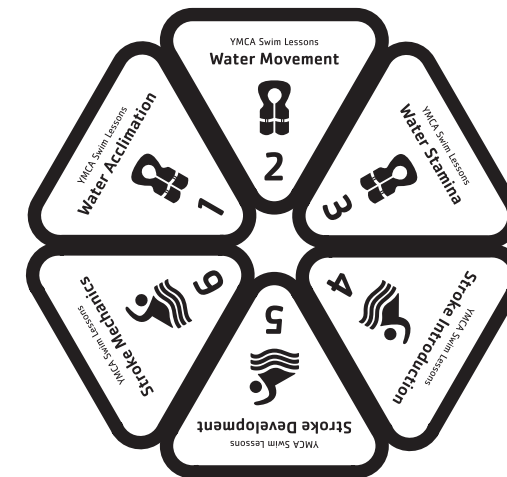


**LAP SWIM—SWIMMERS MUST STAY IN THEIR OWN LANE.
NO LANE SHARING IS ALLOWED.
MUST RESERVE LANE AHEAD OF TIME.
MUST BE 9-13 (WITH PARENT PRESENT) OR OLDER. LAP SWIM ONLY.
Thank you for you cooperation. The Watertown Family YMCA Staff**

**FIND YOUR FUN
FIND YOUR Y.**

DOWNTOWN YMCA RECREATION POOL SCHEDULE

MONDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:00 AM	11:00 AM - 12:00 PM	2:30 - 2:50 PM	3:00 - 3:30 PM	3:40 - 4:10 PM	4:20 - 4:50 PM	5:00 - 5:30 PM		
	ARTHRITIC AQUA FIT	ARTHRITIC AQUA FIT	SENIOR SOCIAL	AQUA DANCE	PARENT & TOT	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS		
TUESDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 AM - 12:30 PM	2:30 - 2:50 PM	3:00 - 3:30 PM	3:40 - 4:10 PM	4:20 - 4:50 PM	5:00 - 5:30 PM	5:40 - 6:10 PM	
	FOREVER FIT	AQUA DANCE	WATER AEROBICS	SENIOR SOCIAL	PARENT & TOT	LEVEL A/B/C SWIM LESSONS	LEVEL A/B/D SWIM LESSONS	LEVEL A/B/C SWIM LESSONS	LEVEL A/B/D SWIM LESSONS	PARENT & TOT	
WEDNESDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 AM - 12:30 PM	2:30 - 2:50 PM	3:00 - 3:30 PM	3:40 - 4:10 PM	4:20 - 4:50 PM	5:00 - 5:30 PM		
	ARTHRITIC AQUA FIT	ARTHRITIC AQUA FIT	PARENT & TOT	AQUA TABATA	PARENT & TOT	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS		
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 - 2:50 PM	3:00 - 3:30 PM	3:40 - 4:10 PM	4:20 - 4:50 PM	5:00 - 5:30 PM	5:40 - 6:10 PM
	FOREVER FIT	FOREVER FIT	WATER AEROBICS	AQUA DANCE	SENIOR SOCIAL	PARENT & TOT	LEVEL A/B/C SWIM LESSONS	LEVEL A/B/D SWIM LESSONS	LEVEL A/B/C SWIM LESSONS	LEVEL A/B/D SWIM LESSONS	PARENT & TOT
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	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.**