

# REC POOL LAP SWIM SCHEDULE

**JUNE 23<sup>RD</sup> – JULY 1<sup>ST</sup>**

**JUNE 23<sup>RD</sup>: THURSDAY**

**6:00–8:00 AM / 6:15–7:45 PM: 3 Lanes**

**JUNE 24<sup>TH</sup>: FRIDAY**

**6:00–8:00 AM / 12:30–3:00 PM: 3 Lanes**

**JUNE 27<sup>TH</sup>: MONDAY**

**6:00–8:00 AM / 12:30–2:00 PM: 3 Lanes**

**JUNE 28<sup>TH</sup>: TUESDAY**

**6:00–8:00 AM / 12:30–3:00 PM: 3 Lanes**

**JUNE 29<sup>TH</sup>: WEDNESDAY**

**6:00–8:00 AM / 12:30–3:00 PM: 3 Lanes**

**JUNE 30<sup>TH</sup>: THURSDAY**

**6:00–8:00 AM / 1:30–3:30 PM: 3 Lanes**

**JULY 1<sup>ST</sup>: FRIDAY**

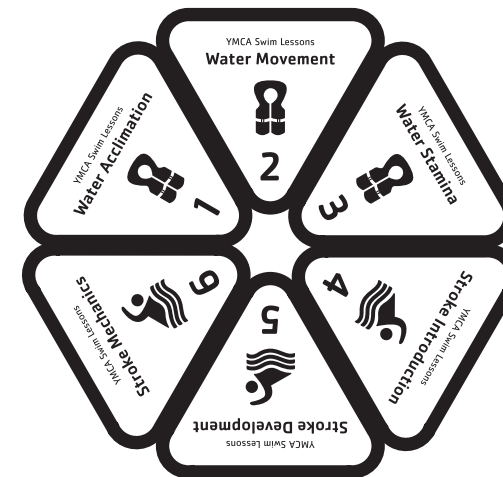
**6:00–8:00 AM / 12:30–3:00 PM: 3 Lanes**



**\*All Watertown  
Family YMCA  
Facilities will be  
closed July 4th in  
observance of  
Independence Day**

# DOWNTOWN YMCA RECREATION POOL SCHEDULE

<b>MONDAY</b>	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:00 AM	11:00 AM - 12:00 PM	2:20 - 2:50 PM	3:00 - 3:30 PM	3:40 - 4:10 PM	4:20 - 4:50 PM	5:00 - 5:30 PM	5:00 - 5:45 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	LEVEL F SWIM LESSONS	
<b>TUESDAY</b>	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 AM - 12:30 PM	2:20 - 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	6:00 - 6:45 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	LEVEL E SWIM LESSONS
<b>WEDNESDAY</b>	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 AM - 12:30 PM	2:20 - 2:50 PM	3:00 - 3:30 PM	3:40 - 4:10 PM	4:20 - 4:50 PM	5:00 - 5:30 PM	5:00 - 5:45 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	LEVEL F SWIM LESSONS	
<b>THURSDAY</b>	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	2:20 - 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
<b>FRIDAY</b>	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					6:00 - 6:45 PM
	ARTHRITIC AQUA FIT	ARTHRITIC AQUA FIT	PARENT & TOT	AQUA TABATA	RENTAL	OPEN SWIM					LEVEL E SWIM LESSONS
<b>SATURDAY</b>	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 your cooperation.  
The Watertown Family YMCA Staff**



**FIND YOUR FUN  
FIND YOUR Y.**