

DOWNTOWN YMCA LAP SWIM SCHEDULE

MONDAY	6:00 - 8:00 AM	12:15 - 2:45 PM	6:00 - 7:30 PM
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TUESDAY	6:00 - 8:00 AM	12:30 - 2:30 PM	7:00 - 7:30 PM
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WEDNESDAY	6:00 - 8:00 AM	1:00 - 2:30 PM	6:00 - 7:30 PM
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THURSDAY	6:00 - 8:00 AM	7:00 - 7:30 PM
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FRIDAY	6:00 - 8:00 AM	1:00 - 3:00 PM	7:00 - 7:30 PM
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OPEN SWIM SCHEDULE

MONDAY	4:30 - 6:00 PM
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WEDNESDAY	4:30 - 6:00 PM
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FRIDAY	5:00 - 6:30 PM
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SATURDAY	12:00 - 1:30 PM
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BIRTHDAY PARTY RENTAL SCHEDULE

FRIDAY	4:00 - 5:00 PM
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SATURDAY	11:00 AM - 12:00 PM
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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.**

DOWNTOWN YMCA AQUATICS FITNESS CLASS SCHEDULE

MONDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:00 AM	11:00 AM - 12:00 PM	
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	SWIM SOCIAL	AQUA DANCE INSTRUCTOR: KATRINA	
TUESDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM	11:30 AM - 12:30 PM	
	FOREVER FIT INSTRUCTOR: JUDY	AQUA DANCE INSTRUCTOR: KATRINA	WATER AEROBICS INSTRUCTOR: ANDREA	SWIM SOCIAL	
WEDNESDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM		
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	AQUA TABATA INSTRUCTORS: KATRINA / NADIA		
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
	FOREVER FIT INSTRUCTOR: JUDY	FOREVER FIT INSTRUCTOR: JUDY	WATER AEROBICS INSTRUCTOR: ANDREA	AQUA DANCE INSTRUCTOR: KATRINA	SWIM SOCIAL
FRIDAY	8:30 - 9:30 AM	9:30 - 10:30 AM	10:30 - 11:30 AM		
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	SWIM SOCIAL		

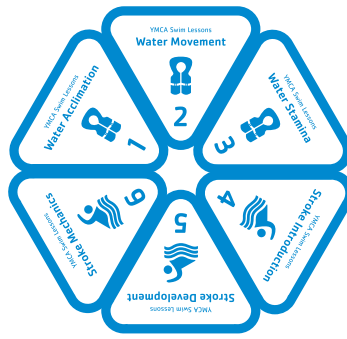
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FIND YOUR Y.**

DOWNTOWN YMCA AQUATICS SWIM LESSONS SCHEDULE



TUESDAY	3:00 - 3:30 PM	3:30 - 4:00 PM	4:00 - 4:30 PM	4:30 - 5:00 PM	5:30 - 6:00 PM	6:00 - 6:45 PM
	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
WEDNESDAY	11:45 AM - 12:15 PM					
	PARENT & TOT					
THURSDAY	3:00 - 3:30 PM	3:30 - 4:00 PM	4:00 - 4:30 PM	4:30 - 5:00 PM	5:00 - 5:30 PM	5:30 - 6:00 PM
	PARENT & TOT	LEVEL A/C SWIM LESSONS	LEVEL B/D SWIM LESSONS	LEVEL A/C SWIM LESSONS	LEVEL B/D SWIM LESSONS	LEVEL A/C SWIM LESSONS
FRIDAY	11:45 AM - 12:45 PM					6:00 - 6:45 PM
	PARENT & TOT					LEVEL E SWIM LESSONS
SATURDAY	8:00 - 8:30 AM	8:30 - 9:00 AM	9:00 - 9:30 AM	9:30 - 10:00 AM	10:00 - 10:30 AM	
	PARENT & TOT	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS	LEVEL A/B SWIM LESSONS	

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

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