

DOWNTOWN YMCA LAP SWIM SCHEDULE

MONDAY	6:00 – 8:00 AM	12:30 – 2:30 PM	7:00 – 7:30 PM
TUESDAY	6:00 – 8:00 AM	12:30 – 2:30 PM	7:00 – 7:30 PM
WEDNESDAY	6:00 – 8:00 AM	1:00 – 2:30 PM	6:00 – 7:30 PM
THURSDAY	6:00 – 8:00 AM	1:00 – 2:30 PM	7:00 – 7:30 PM
FRIDAY	6:00 – 8:00 AM	1:00 – 3:00 PM	7:00 – 7:30 PM

OPEN SWIM SCHEDULE

MONDAY	6:00 – 7:00 PM
WEDNESDAY	4:30 – 6:00 PM
FRIDAY	5:00 – 6:30 PM
SATURDAY	12:00 – 1:30 PM

BIRTHDAY PARTY RENTAL SCHEDULE

FRIDAY	4:00 – 5:00 PM
SATURDAY	11:00 AM – 12:00 PM

**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 – 11:15 AM	11:15 AM – 12:15 PM	5:00 – 6:00 PM
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	SWIM SOCIAL	AQUA DANCE INSTRUCTOR: KATRINA	AQUA TABATA INSTRUCTOR: KRISTEN
TUESDAY	8:30 – 9:30 AM	9:30 – 10:30 AM	10:30 – 11:30 AM	11:30 AM – 12:00 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	11:30 AM – 12:00 PM	
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	AQUA TABATA INSTRUCTOR: KATRINA	SWIM SOCIAL	
THURSDAY	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	FOREVER FIT INSTRUCTOR: JUDY	WATER AEROBICS INSTRUCTOR: ANDREA	AQUA DANCE INSTRUCTOR: KATRINA	
FRIDAY	8:30 – 9:30 AM	9:30 – 10:30 AM	10:30 – 11:00 AM	11:00 – 12:00 PM	
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	SWIM SOCIAL	AQUA TABATA INSTRUCTOR: KRISTEN	

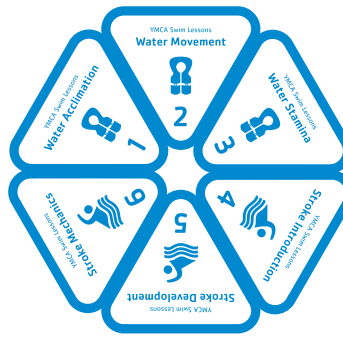
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DOWNTOWN YMCA AQUATICS SWIM LESSONS SCHEDULE



TUESDAY	3:00 – 3:30 PM	3:30 – 4:00 PM	4:00 – 4:30 PM	4:30 – 5:00 PM	5:00 – 5:30 PM	5:30 – 6:00 PM	
	PARENT & TOT	LEVEL 1 & 2 SWIM LESSONS	LEVEL 1 & 2 SWIM LESSONS	LEVEL 3 & 4 SWIM LESSONS	LEVEL 1 & 2 SWIM LESSONS	LEVEL 1 & 2 SWIM LESSONS	
							6:00 – 6:45 PM LEVEL 6 SWIM LESSONS
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 1 & 3 SWIM LESSONS	LEVEL 2 & 4 SWIM LESSONS	LEVEL 1 & 3 SWIM LESSONS	LEVEL 2 & 4 SWIM LESSONS	LEVEL 1 & 3 SWIM LESSONS	
							6:00 – 6:45 PM LEVEL 5 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	PARENT & TOT	LEVEL 1 & 2 SWIM LESSONS	LEVEL 1 & 2 SWIM LESSONS	LEVEL 1 & 2 SWIM LESSONS		

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