

DOWNTOWN YMCA LAP SWIM SCHEDULE

MEMBERS 13 YEARS & OLDER WELCOME

EFFECTIVE JUNE 5TH

MONDAY	6:00 - 8:00 AM	12:30 - 2:00 PM	7:00 - 7:30 PM
TUESDAY	6:00 - 8:00 AM	12:30 - 2:00 PM	7:00 - 7:30 PM
WEDNESDAY	6:00 - 8:00 AM	1:00 - 2:00 PM	7:00 - 7:30 PM
THURSDAY	6:00 - 8:00 AM	12:30 - 2:00 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

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

MEMBERS AGES 18 YEARS AND OLDER WELCOME

EFFECTIVE JUNE 5TH

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 - 12:00 PM	
	FOREVER FIT INSTRUCTOR: JUDY	FOREVER FIT INSTRUCTOR: JUDY	WATER AEROBICS INSTRUCTOR: ANDREA	SWIM SOCIAL	
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	

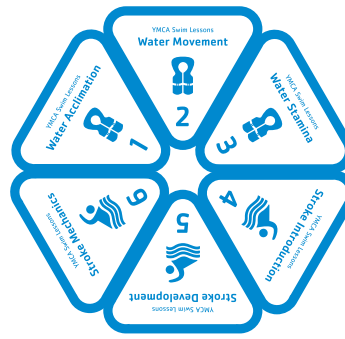
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FIND YOUR FUN.
FIND YOUR Y.

DOWNTOWN YMCA AQUATICS SWIM LESSONS SCHEDULE EFFECTIVE JUNE 5, 2023



MONDAY	2:30 – 3:00 PM	3:05 – 3:35 PM	3:40 – 4:10 PM	4:15 – 4:45 PM	6:05 – 6:50 PM
	PARENT & TOT	LEVEL 1, 2, 3 SWIM LESSONS	LEVEL 1, 2, 3 SWIM LESSONS	LEVEL 4 SWIM LESSONS	LEVEL 5/6 SWIM LESSONS

WEDNESDAY	2:30 – 3:00 PM	3:05 – 3:35 PM	3:40 – 4:10 PM	4:15 – 4:45 PM	5:00 – 6:00 PM	6:05 – 6:50 PM
	PARENT & TOT	LEVEL 1, 2, 3 SWIM LESSONS	LEVEL 1, 2, 3 SWIM LESSONS	LEVEL 4 SWIM LESSONS	PRIVATE SWIM LESSONS	LEVEL 5/6 SWIM LESSONS

TUESDAY & THURSDAY	2:30 – 3:00 PM	3:05 – 3:35 PM	3:40 – 4:10 PM	4:15 – 4:45 PM	4:50 – 5:20 PM	5:25 – 5:55 PM
	PARENT & TOT	LEVEL 1, 2, 3 SWIM LESSONS	LEVEL 1, 2 & 3 SWIM LESSONS	LEVEL 1, 2 & 3 SWIM LESSONS	LEVEL 4 SWIM LESSONS	PARENT & TOT SWIM LESSONS
	6:00 – 6:30 PM	LEVEL 1, 2, 3 SWIM LESSONS				

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