

POOL SCHEDULES EFFECTIVE **SEPTEMBER 5TH**

LAP SWIM SCHEDULE • MEMBERS 13 YEARS & OLDER WELCOME DOWNTOWN YMCA POOL

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

OPEN SWIM SCHEDULE

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

BIRTHDAY PARTY RENTAL SCHEDULE

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



DOWNTOWN YMCA AQUATICS FITNESS CLASS SCHEDULE

MEMBERS AGES 18 YEARS AND OLDER WELCOME

POOL SCHEDULES EFFECTIVE **SEPTEMBER 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	5:00 – 6:00 PM
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	AQUA TABATA INSTRUCTOR: KATRINA	SWIM SOCIAL	AQUA TABATA INSTRUCTOR: LISA
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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The Watertown Family YMCA Staff



**FIND YOUR FUN.
FIND YOUR Y.**

DOWNTOWN YMCA AQUATICS SWIM LESSONS SCHEDULE

POOL SCHEDULES EFFECTIVE **SEPTEMBER 5TH**



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

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

SATURDAY	8:30 – 9:00 AM	9:05 – 9:35 AM	9:40 – 10:10 AM	10:15 – 10:45 AM
	PARENT & TOT	LEVEL 1, 2, 3 SWIM LESSONS	LEVEL 1, 2 & 3 SWIM LESSONS	LEVEL 4 SWIM LESSONS

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FIND YOUR Y.**