

POOL SCHEDULES EFFECTIVE **OCTOBER 1ST**

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

WEDNESDAY	6:30 – 7:30 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



DOWNTOWN YMCA AQUATICS FITNESS CLASS SCHEDULE

MEMBERS AGES 18 YEARS AND OLDER WELCOME

POOL SCHEDULES EFFECTIVE **OCTOBER 1ST**

MONDAY	8:30 – 9:30 AM	9:30 – 10:30 AM	10:30 – 11:15 AM	11:15 AM – 12:00 PM	5:00 – 6:00 PM
	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	ARTHRITIC AQUAFIT INSTRUCTOR: BETH	SOCIAL VOLLEYBALL	SWIM SOCIAL	AQUA TABATA INSTRUCTOR: LISA
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: JUDY	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: KRISTEN/BEAR	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	AQUA DANCE 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 **OCTOBER 1ST**



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

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

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FIND YOUR Y.**