



WATERTOWN FAMILY YMCA AQUATIC CENTER SCHEDULE JANUARY 2ND–31ST, 2024

RECREATION POOL OPEN SWIM & SPLASH PAD

Monday

Open Swim & Splash Pad: 12:00 – 3:00 PM

Tuesday

Open Swim & Splash Pad: 10:30 AM – 12:00 PM

Open Swim & Splash Pad: 5:30 – 8:30 PM

Wednesday

Open Swim & Splash Pad: 12:00 – 3:00 PM

Open Swim & Splash Pad: 6:15 – 8:30 PM

Thursday

Open Swim & Splash Pad: 10:30 AM – 12:00 PM

Open Swim & Splash Pad: 5:30 – 8:30 PM

Friday

Open Swim & Splash Pad: 12:00 – 3:00 PM

Open Swim & Splash Pad: 5:30 – 8:30 PM

Saturday*

Birthday Party: 11:00 AM – 12:00 PM

Open Swim & Splash Pad: 12:00 – 4:30 PM

***Closed for swim meet January 6th and 20th**

Sunday

Open Swim & Splash Pad: 9:00 – 11:00 AM

Open Swim & Splash Pad: 12:00–4:30 PM

Birthday Party: 11:00 AM – 12:00 PM

BIRTHDAY PARTY TIMES SUBJECT TO AVAILABILITY

Saturday, January 20th

YMCA Blue Sharks Swim Meet

Open Swim, Splash Pad, Sauna, and
Steam Room **WILL NOT BE AVAILABLE.**

Swim lessons will be held.

LAP POOL LAP SWIM & BLUE SHARK PRACTICE

Monday

Lap Swim 6 Lanes: 5:30 AM–6:00 PM

Blue Sharks Practice–6 Lanes: 6:30–8:00 PM

Tuesday

Lap Swim–6 Lanes: 5:30 AM–5:00 PM

Lap Swim–4 Lanes: 5:00–7:00 PM

Swim Lessons–2 Lanes: 5:20–6:45 PM

Lap Swim–6 Lanes: 7:00 –8:30 PM

Wednesday

Lap Swim 6 Lanes: 5:30 AM–6:00 PM

Blue Sharks Practice–6 Lanes: 6:30–8:00 PM

Thursday

Lap Swim–6 Lanes: 5:30 AM–5:00 PM

Lap Swim–4 Lanes: 5:00–7:00 PM

Swim Lessons–2 Lanes: 5:20–6:45 PM

Lap Swim–6 Lanes: 7:00 –8:30 PM

Friday

Lap Swim 6 Lanes: 5:30 AM–6:00 PM

Blue Sharks Practice: 6:30–8:00 PM

Saturday

Lap Swim 6 Lanes: 6:30–10:00 AM

Lap Swim 4 Lanes: 10:00–11:00 AM

Swim Lesson 10:15–10:45 AM

Lap Swim 6 Lanes: 11:00 AM –4:30 PM

Sunday

Lap Swim 6 Lanes: 8:30 AM–4:30 PM

LAP SWIM REQUIREMENTS:

- **CHILDREN 16 AND UNDER MUST PASS A SWIM TEST.**
- **CHILDREN 13 AND UNDER MUST BE ACCOMPANIED BY AN ADULT (18 YEARS OR OLDER) IN THE POOL AREA AND ACTIVELY SUPERVISED AT ALL TIMES.**

***BEGINNING JANUARY 17TH

Aqua Jump will be a **PAID** program

Registration is required.

Y Members: December 28th

Non Members: January 1st

4-Week Program Fee:

Member: \$30.00

Non-member: \$60.00

Military: \$55.00



RECREATION POOL GROUP EX & SWIM LESSONS

Monday

Arthritic AquaFit w/Beth: 8:30–9:30 AM

Arthritic AquaFit w/Beth: 9:30–10:30 AM

Social Volleyball: 10:45–11:45 AM

Aqua Tabata w/Lisa: 5:00–6:00 PM

Swim Lessons: 6:15–8:30 PM

Tuesday

Arthritic Aquafit w/Beth: 8:00–9:00 AM

Social Aerobics w/Andrea: 9:30–10:30 AM

Swim Lessons: 3:00 – 5:15 PM

Wednesday

Arthritic AquaFit w/Beth: 8:30–9:30 AM

Aqua Jump w/Kristen: 10:00–10:30 AM***

Aqua Tabata w/Kristen: 11:00 – 11:30 AM

High Intensity Interval Training w/Lisa: 5:00–6:00 PM

Thursday

Arthritic Aquafit w/Beth: 8:00–9:00 AM

Social Aerobics w/Andrea: 9:30–10:30 AM

Swim Lessons: 3:00–5:15 PM

Friday

Arthritic AquaFit w/Beth: 8:30–9:30 AM

Arthritic AquaFit w/Beth: 9:30–10:30 AM

Aqua Tabata w/Kristen: 10:30–11:30 AM

Saturday

Swim Lessons: 8:30 – 10:10 AM

AQUATICS FITNESS CLASSES:

MEMBERS 18 YEARS AND OLDER WELCOME

Saturday, January 20th
YMCA Blue Sharks Swim Meet
Lap Swim WILL END at 10 AM

SAFE POOLS HAVE RULES

BE SAFE. JUMP IN. HAVE FUN.



PLEASE REMEMBER

SHOWERS ARE REQUIRED
BEFORE ENTERING POOL
OUTSIDE FLOTATION DEVICES
ARE NOT ALLOWED

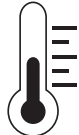
LAP POOL LENGTH



25 YARDS
36 LAPS = 1 MILE
72 LENGTHS = 1 MILE



AVERAGE TEMPERATURES



LAP POOL = 82°
ACTIVITY POOL = 88°

- Absolutely no entering the pool without a lifeguard on duty.
- **WALK PLEASE** in the pool and locker room areas.
- No Diving.
- Outside flotation devices are not permitted.
- No photography or video recording.
- Profanity will not be tolerated in the pool and locker room areas.
- Proper swim attire must be worn in the pool area.
- Children under the age of 13 must be accompanied by an adult (18 years or older) in the pool area and actively supervised at all times.
- Children under the age of 6 must be accompanied by an adult (18 years or older) in the pool and actively supervised at all times.
- Children are required to wear swim diapers under a snug fitting swimsuit if they are not completely toilet trained.
- Diaper changing is allowed in the locker room areas ONLY.
- Please do not sit or hang on racing/divider lines.
- Keep the stair entry and exit areas clear unless entering or exiting the pool.
- Breath holding techniques or activities are prohibited.
- Do not enter the pool if you have a communicable disease or open wound.
- Lifeguards have Final Discretion for the safety of all patrons.