



WATERTOWN FAMILY YMCA AQUATIC CENTER SCHEDULE* FEBRUARY 1ST – MARCH 3RD

*SCHEDULE SUBJECT TO CHANGE

FEBRUARY BREAK FEBRUARY 19TH-23RD OPEN SWIM & SPLASH PAD SCHEDULE

- Monday: 12:00 – 4:00 PM & 6:30-8:30 PM
- Tuesday: 12:00-8:30 PM
- Wednesday: 12:00 – 4:00 PM & 6:30-8:30 PM
- Thursday: 12:00-8:30 PM
- Friday: 12:00-8:30 PM



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
Starting 2/7 Aqua Dance w/Katrina: 9:30 – 10:30- LAP POOL
 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 **New Session 2/28**
 Aqua Tabata w/Kristen: 11:00 AM – 12:00 PM
 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
 Swim Social: 11:30-12:00 AM
- Saturday**
 Swim Lessons: 8:30 – 10:10 AM
Starting 2/10 Aqua Yoga w/Nova: 9:00 – 10:00-LAP POOL
- AQUATICS FITNESS CLASSES:
MEMBERS 18 YEARS AND OLDER WELCOME**

RECREATION POOL: OPEN SWIM & SPLASH PAD

- Monday**
 Open Swim & Splash Pad: 12:00 – 1:30 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 – 1:30 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 – 1:30 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 February 3rd
- 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
Closed for swim meet February 4th

BIRTHDAY PARTY TIMES SUBJECT TO AVAILABILITY

FEBRUARY 3RD & 4TH YMCA BLUE SHARKS DISTRICT MEET

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

LAP POOL: LAP SWIM, GROUP EX, SWIM LESSONS & 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-9:00 AM
Starting 2/7 Aqua Dance w/Katrina: 9:30 – 10:30
 Lap Swim-4 Lanes: 9:00-11:00 AM
 Lap Swim-6 Lanes: 11:00 AM-5:00 AM
 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: 6:30-8:30 AM
Starting 2/10 Aqua Yoga w/Nova: 9:00 – 10:00
 Lap Swim 4 Lanes: 10:30-11:00 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.

**FEBRUARY 3RD & 4TH
YMCA BLUE SHARKS
DISTRICT MEET
Lap Pool, Sauna &
Steam Room
WILL NOT BE AVAILABLE.**

SAFE POOLS HAVE RULES

BE SAFE. JUMP IN. HAVE FUN.



PLEASE REMEMBER

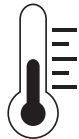
SHOWERS ARE REQUIRED
BEFORE ENTERING POOL
OUTSIDE FLOTATION DEVICES
ARE NOT ALLOWED

LAP POOL LENGTH

AVERAGE TEMPERATURES



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



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.