



# WATERTOWN FAMILY YMCA AQUATIC CENTER SCHEDULE\* APRIL 1ST-30TH

\*SCHEDULE SUBJECT TO CHANGE

## SESSION 4 SWIM LESSONS REGISTRATION

April 14th at 6AM: Y Members

April 17th at 6AM: Non-Members

## SESSION 4 SWIM ASSESSMENTS (Must Register)

Monday, April 8th 6:00 – 7:00 PM

Tuesday, April 9th 4:00 – 6:00 PM

Saturday, April 13th 9:00 – 10:00 AM

## 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

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\*

Open Swim & Splash Pad: 1:00 – 2:30 PM

Birthday Party: 3:00 – 4:00 PM

Sunday

Open Swim & Splash Pad: 10:30 AM–2:30 PM

Birthday Party: 3:00 PM – 4:00 PM

\*BIRTHDAY PARTY TIMES SUBJECT TO AVAILABILITY

## TUESDAY, APRIL 9TH

Aquatic Center will be CLOSED

12:00 – 2:00 PM for maintenance

## TUESDAY, APRIL 23RD

Aquatic Center will be CLOSED

12:00 – 1:00 PM for maintenance

## LAP POOL: LAP SWIM & SWIM LESSONS

Monday

Lap Swim-6 Lanes: 5:30 AM-4:30 PM

Lap Swim-3 Lanes: 4:30 – 7:00 PM

Lap Swim-6 Lanes:: 7:00-8:30 PM

Tuesday

Lap Swim-6 Lanes: 5:30 AM-9:00 AM

Lap Swim-4 Lanes: 9:00-11:00 AM

Lap Swim-6 Lanes: 11:00 AM-5:00 PM

Lap Swim-4 Lanes: 5:00-6:45 PM

Swim Lessons-2 Lanes: 5:20-6:45 PM

Lap Swim-6 Lanes:: 6:45-8:30 PM

Wednesday

Lap Swim 6 Lanes: 5:30 AM-6:00 PM

Lap Swim-3 Lanes:: 6:00-8:30 PM

Thursday

Lap Swim-6 Lanes: 5:30 AM-5:15 PM

Lap Swim-6 Lanes:: 6:45-8:30 PM.

Friday

Lap Swim 6 Lanes: 5:30 AM-5:15 PM

Lap Swim 4 Lanes: 5:30 – 6:00 PM

Lap Swim 2 Lanes: 6:00 – 8:30 PM

Saturday

Lap Swim 6 Lanes: 6:30-9:00 AM

Lap Swim 4 Lanes: 9:00-11:00 AM

Swim Lesson 9:00 AM -12:30 PM

Lap Swim 6 Lanes: 11:00 AM -4:30 PM

Sunday

Lap Swim 3 Lanes: 8:30 – 9:00 AM

Lap Swim 6 Lanes: 9:00 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.

## RECREATION POOL: GROUP EX & SWIM LESSONS

Fitness Classes: Members 18 Years and older welcome

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

Private Lessons: 4:30-7:00 PM

Aqua Tabata w/Lisa: 5:00- 6:00 PM

Tuesday

Forever Fit w/Judy: 8:00-9:00 AM

Aqua Dance w/Katrina: 9:30 – 10:30 AM- Lap Pool

Social Aerobics w/Andrea: 9:00-10:00 AM

Swim Lessons: 3:00 – 5:15 PM

Wednesday

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

Interval Water Walking w/Brenda: 9:30-10:30 AM

Aqua Tabata w/Kristen: 10:45-11:45 AM

Aqua Tabata w/Lisa: 5:00-6:00 PM

Thursday

Forever Fit w/Judy: 8:00-9:00 AM

Social Aerobics w/Andrea: 9:00-10:00 AM

Swim Lessons: 3:00-5:15 PM

Aqua Core & More w/Brenda: 5:30 – 6:30 PM- Lap Pool

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 AM-12:00 PM

Saturday

Swim Lessons: 8:00 AM – 12:30 PM

Sunday

Aqua HIIT w/Tommy: 8:30 – 9:00 AM- Lap Pool

Interval Water Walking w/Brenda: 9:00-10:00 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

### 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.