



WATERTOWN FAMILY YMCA AQUATIC CENTER SCHEDULE*

*SCHEDULE SUBJECT TO CHANGE



**EASTER SUNDAY, MARCH 31ST
ALL Y FACILITIES WILL BE CLOSED**

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

Sunday

Birthday Party: 11:00 AM – 12:00 PM

Open Swim & Splash Pad: 12:00–4:30 PM

*BIRTHDAY PARTY TIMES SUBJECT TO AVAILABILITY

SUNDAY, MARCH 24TH
Aquatic Center Will Be CLOSED
12:00–3:00 for Easter Egg Splash

TUESDAY, MARCH 26TH
Aquatic Center will be CLOSED
12:00 – 2:00 PM for maintenance

LAP POOL: LAP SWIM, SWIM LESSONS & BLUE SHARK PRACTICE

Monday

Lap Swim 6 Lanes: 5:30 AM–6:00 PM

Lap Swim–3 Lanes:: 6:00–8:00 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: 5:00–6:30 PM

Swim Lessons–2 Lanes: 5:20–6:45 PM

Lap Swim–6 Lanes:: 6:45–8:00 PM

Wednesday

Lap Swim 6 Lanes: 5:30 AM–6:00 PM

Lap Swim–3 Lanes:: 6:00–8:00 PM

Thursday

Lap Swim–6 Lanes: 5:30 AM–5:00 PM

Lap Swim–4 Lanes: 5:00–6:30 PM

Swim Lessons–2 Lanes: 5:20–6:45 PM

Lap Swim–6 Lanes:: 6:45–8:00 PM.

Friday

Lap Swim 6 Lanes: 5:30 AM–5:15 PM

Lap Swim 4 Lanes: 5:30 – 6:00 PM

Lap Swim–3 Lanes:: 6:00–8:00 PM

Saturday

Lap Swim 6 Lanes: 6:30–9:00 AM

Lap Swim 4 Lanes: 9:00–11:00 AM

Swim Lesson 9:00–11:00 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.

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

Private Lessons: 4:30–6:00 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: 9:30–10:30 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: 11:00 AM – 12:00 PM

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

Thursday

Forever Fit w/Judy: 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 AM–12:00 PM

Saturday

Swim Lessons: 8:00 – 11:00 AM

Sunday

Interval Water Walking w/Brenda: 9:00–10:00 AM

AQUATICS FITNESS CLASSES:

MEMBERS 18 YEARS AND OLDER WELCOME

**STAY TUNED FOR POP-UP CLASSES TO TRY
OUR NEW AQUATIC FITNESS EQUIPMENT**

SAFE POOLS HAVE RULES

BE SAFE. JUMP IN. HAVE FUN.



PLEASE REMEMBER

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

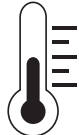
LAP POOL LENGTH



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.