

RECREATION POOL AND SPLASH PAD

will be **CLOSED** for maintenance
SUNDAY MAY 12TH - TUESDAY MAY 14TH (3:00 PM)

SUNDAY, MAY 12TH: No Water Walking class

MONDAY, MAY 13TH: Arthritic Aquafit, Tabata and private lessons will be held in the Lap Pool
 No Social Volleyball / Lap Swim from 5-7:30PM

TUESDAY, MAY 14TH: No Forver Fit
 8:00-9:30 AM: Social Aerobics in the Lap Pool

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: 6:30 - 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: 11:30 AM - 12:30 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, MAY 7TH & MAY 21ST
Aquatic Center will be CLOSED
12:00 - 2:00 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: 6:30-10:00 AM
 Lap Swim 4 Lanes: 10:00-11:00 AM
 Swim Lesson 10:15 AM -10:45 AM
 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.



WATERTOWN FAMILY YMCA
AQUATIC CENTER SCHEDULE*
MAY 1ST - 31ST
***SCHEDULE SUBJECT TO CHANGE**

RECREATION POOL: GROUP EX & SWIM LESSONS

Fitness Classes: Members 18 Years and older welcome

Monday

Arthritic AquaFit w/Beth: 8:00-9:00 AM
 Arthritic AquaFit w/Beth: 9:15-10:15 AM
 Social Volleyball: 10:30-11:30 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
 Aqua Dance w/Til: 5:30- 6:15 PM

Wednesday

Arthritic AquaFit w/Beth: 8:00-9:00 AM
 Interval Water Walking w/Brenda: 9:15-10:15 AM
 Aqua Tabata w/Kristen: 10:30-11:30 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: 8:00-9:00 AM
 Arthritic AquaFit w/Beth: 9:15-10:15 AM
 Aqua Tabata w/Sandy: 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.