



WATERTOWN FAMILY YMCA AQUATIC CENTER SCHEDULE WEDNESDAY, APRIL 24, 2024

AQUA FITNESS, OPEN SWIM , AND SPLASH PAD

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

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

Aqua Tabata w/Kristen: 10:45–11:45 AM

Open Swim & Splash Pad: 12:00–1:00 PM

Splash Camp: 1:00 – 3:00 PM

Aqua Tabata w/Lisa: 5:00–6:00 PM

LAP POOL

Lap Swim–6 Lanes: 5:30 AM–9:00 AM

Life Guard Certification– 3 lanes: 9:00 AM–5:00 PM

Lap Swim–6 Lanes: 5:00–8:30 PM



WATERTOWN FAMILY YMCA AQUATIC CENTER SCHEDULE THURSDAY, APRIL 25, 2024

AQUA FITNESS, OPEN SWIM , AND SPLASH PAD

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

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

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

Splash Camp: 1:00 - 3:00 PM

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

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

LAP POOL LAP SWIM

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

Life Guard Certification- 3 Lanes: 9:00 AM-5:00 PM

Lap Swim-3 Lanes: 5:30-6:30 PM



WATERTOWN FAMILY YMCA AQUATIC CENTER SCHEDULE FRIDAY, APRIL 26, 2024

AQUA FITNESS, OPEN SWIM , AND SPLASH PAD

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

Arthritic AquaFit w/Judy: 9:30-10:30 AM

Aqua Tabata w/Kristen: 10:30-11:30 AM

Swim Social: 11:30 AM-12:00 PM

Open Swim: 12:00 - 1:00 PM

Splash Camp: 1:00 - 3:00 PM

Open Swim & Splash Pad: 4:00 - 8:30 PM

LAP POOL LAP SWIM

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

Lap Swim-3 Lanes: 5:30 - 8:30 PM



**WATERTOWN FAMILY YMCA
AQUATIC CENTER SCHEDULE
SATURDAY, APRIL 27, 2024**

AQUA FITNESS, OPEN SWIM , AND SPLASH PAD

Open Swim & Splash Pad: 11:00 AM - 2:30 PM

Birthday Party: 3:00 - 4:00 PM

LAP POOL LAP SWIM

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



WATERTOWN FAMILY YMCA AQUATIC CENTER SCHEDULE SUNDAY, APRIL 28, 2024

AQUA FITNESS, OPEN SWIM , AND SPLASH PAD

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

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

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

Birthday Party: 3:00 PM - 4:00 PM

LAP POOL LAP SWIM

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