

**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 Forever 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: 12:00 AM - 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, 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 1<sup>ST</sup> - 31<sup>ST</sup>**

\*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

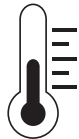
SHOWERS ARE REQUIRED  
BEFORE ENTERING POOL  
OUTSIDE FLOTATION DEVICES  
ARE NOT ALLOWED

### 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.