



WATERTOWN FAMILY YMCA AQUATIC CENTER

JULY & AUGUST SCHEDULE*

*SCHEDULE SUBJECT TO CHANGE

YMCA AQUATIC CENTER CLOSED for maintenance 12:00 – 2:00 PM

• July 3rd • July 17th • July 31st • August 14th

CLOSED for FITTER & FASTER SWIM CAMP
9:45 AM – 5:00 PM

August 17th & August 18th

CLOSED for annual cleaning
August 25th – September 2nd



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 Barre w/Judy: 9:00–9:30 AM
Aqua Dance w/Katrina: 9:30 – 10:30 AM– Lap Pool
Swim Lessons: 3:00 – 5:15 PM
Aqua Dance w/Til: 5:15 – 6:00 PM
Swim Lessons: 6:00– 6:30 PM

Wednesday

Arthritic AquaFit w/Beth: 8:00–9:00 AM
Interval Water Walking w/Brenda: 9:15–10:15 AM
Aqua Tabata w/Brenda: 10:30–11:30 AM
Aqua Tabata w/Lisa: 5:00–6:00 PM

Thursday

Forever Fit w/Judy: 8:00–9:00 AM
Aqua Dance w/Katrina: 9:00–10:00 AM– Lap Pool
Swim Lessons: 3:00–5:15 PM
Aqua Core & More w/Brenda: 5:00 – 6:00 PM– Lap Pool
Swim Lessons: 6:00– 6:30 PM

Friday

Arthritic AquaFit w/Beth: 8:00–9:00 AM
Arthritic AquaFit w/Beth: 9:15–10:15 AM
Aqua Tabata w/Kristen: 10:30–11:30 AM
Swim Social/Volleyball: 11:30 AM–12:30 PM

Saturday

Master’s Swim Program: 7:00 –8:00 AM– Lap Pool
Swim Lessons: 8:00 AM – 10:00 AM

Sunday

Aqua HIIT w/Tommy: 8:30 – 9:00 AM– Lap Pool
Interval Water Walking w/Brenda: 9:00–10:00 AM

RECREATION POOL: OPEN SWIM & SPLASH PAD

Tuesday

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

Thursday

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

Friday

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

Saturday*

Open Swim & Splash Pad: 10:30 AM – 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**



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.



LAP POOL: LAP SWIM & SWIM LESSONS

Monday

Lap Swim–6 Lanes: 5:30 AM–4:30 PM
Lap Swim–3 Lanes: 4:30–8:30 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–2:30 PM
Lap Swim–3 Lanes: 2:30–4:30 PM
Swim Lessons: 3:00–3:30 PM
Swim Lessons: 5:00–6:45 PM
Lap Swim–6 Lanes:: 7:00–8:30 PM

Wednesday

Lap Swim–6 Lanes: 5:30 AM–6:30 AM
Lap Swim–6 Lanes: 8:30 AM–4:30 PM
Lap Swim–3 Lanes: 4:30–8:30 PM

Thursday

Lap Swim–6 Lanes: 5:30 AM–9:00 AM
Lap Swim–4 Lanes: 9:00–11:00 AM

Thursday (cont'd)

Lap Swim–6 Lanes: 11:00 AM–2:30 PM
Lap Swim–3 Lanes: 2:30–4:30 PM
Swim Lessons: 3:00–3:30 PM
Swim Lessons: 5:00–6:45 PM
Lap Swim–6 Lanes:: 7:00–8:30 PM

Friday

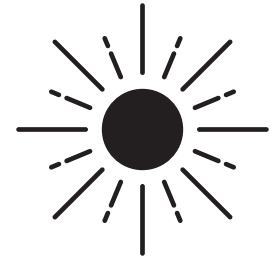
Lap Swim 6 Lanes: 5:30 AM–3:30 PM
Lap Swim–3 Lanes: 3:30 – 8:30 PM

Saturday

Lap Swim 6 Lanes: 6:30–7:00 AM
Lap Swim 4 Lanes: 8:00–10:00 AM
Lap Swim 6 Lanes: 10:00 AM –4:30 PM

Sunday

Lap Swim 3 Lanes: 8:30 – 9:00 AM
Lap Swim 6 Lanes: 9:00 AM–4:30 PM



FAMILY SUMMER SPLASH PASSES

Access to Open Swim and Splash Pad for non-members

\$150.00 (JULY 1ST- AUGUST 24TH)

Available to Purchase July 1st–14th Downtown YMCA Welcome Center

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

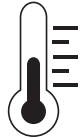
AVERAGE TEMPERATURES



25 YARDS

36 LAPS = 1 MILE

72 LENGTHS = 1 MILE



LAP POOL = 78° - 82°

ACTIVITY POOL = 86° - 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.