



WATERTOWN FAMILY YMCA AQUATIC CENTER

JULY & AUGUST SCHEDULE*

*SCHEDULE SUBJECT TO CHANGE

Please note, the AQUATIC CENTER will be CLOSED the following days and times.

MAINTENANCE

12:00-2:00 PM

July 17th • July 31st • August 14th

FITTER & FASTER SWIM CAMP

9:45 AM - 5:00 PM

August 17th & August 18th

ANNUAL CLEANING

August 25th - September 8th



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

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

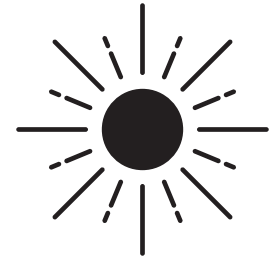
Master's Swim Program: 7:00 -8:00 AM- Lap Pool

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



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

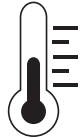
AVERAGE TEMPERATURES



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.**