



WATERTOWN FAMILY YMCA AQUATIC CENTER RECREATION POOL & SPLASH PAD SEPTEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 4:00-8:00 PM AQUA TABATA W/LISA 5:00- 6:00 PM	FOREVER FIT W/JUDY 8:00 - 9:00 AM AQUA BARRE W/JUDY 9:00 - 9:30 AM OPEN SWIM & SPLASH PAD 10:30 AM -12:30 PM SWIM LESSONS 3:00 - 5:00 PM AQUA DANCE W/TILL 5:00 - 5:45 PM SWIM LESSONS 5:50 - 7:15 PM	ARTHRITIC AQUAFIT W/BETH 8:00 - 9:00 AM INTERVAL WALKING W/BRENDA 9:15 - 10:15 AM AQUA TABATA W/BRENDA 10:30 - 11:30 AM CLOSED FOR CLEANING 1:00 - 2:00 PM AQUA TABATA W/LISA 5:00 - 6:00 PM AQUA CYCLE W/JANN 6:30 - 7:15 PM	FOREVER FIT W/JUDY 8:00 - 9:00 AM AQUA CYCLE W/BEAR 9:15 - 10:00 AM OPEN SWIM & SPLASH PAD 10:30 - 12:30 PM SWIM LESSONS 3:00 - 6:30 PM	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 11:30A - 12:30 PM OPEN SWIM & SPLASH PAD 5:00 - 8:30P	SWIM LESSONS 8:00 AM - 12:00 PM OPEN SWIM & SPLASH PAD 12:15 - 1:45 PM BIRTHDAY PARTY 2:00 - 3:00 PM	INTERVAL WALKING W/BRENDA 9:00 - 10:00 AM OPEN SWIM & SPLASH PAD 10:30 AM - 1:45 PM BIRTHDAY PARTY 2:00 - 3:00 PM

CLASS REQUIRES REGISTRATION AND FEE PRIOR TO ATTENDING

OPEN SWIM & SPLASH PAD

Schedule subject to Change
Fitness Classes: Members 18 Years and older welcome



**BIRTHDAY PARTY TIMES
SUBJECT TO AVAILABILITY**



WATERTOWN FAMILY YMCA AQUATIC CENTER

LAP POOL SEPTEMBER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM - 6 LANES 5:30 AM - 4:00 PM	LAP SWIM - 6 LANES 5:30 - 9:00 AM	LAP SWIM - 6 LANES 5:30 AM - 1:00 PM	LAP SWIM - 6 LANES 5:30 - 8:30 AM	LAP SWIM - 6 LANES 5:30 AM - 8:30 PM	MASTERS SWIM - 6 LANES 6:30 AM - 8:00 AM	LAP SWIM - 3 LANES 8:30 - 9:30 AM
PRIVATE SWIM LESSONS - 2 LANES 4:00 - 8:30 PM	AQUA DANCE - 3 LANES W/ KATRINA 9:30 - 10:30 AM	CLOSED FOR CLEANING 1:00 - 2:00 PM	AQUA DANCE W/ KATRINA - 3 LANES 9:00 - 10:00 AM		LAP SWIM - 3 LANES 8:00 - 11:00 AM	AQUA HITT W/TOMMY - 3 LANES 8:30 - 9:00 AM
LAP SWIM - 4 LANES 4:00 - 8:30 PM	LAP SWIM - 6 LANES 10:30 AM - 3:00 PM	LAP SWIM - 6 LANES 2:00 - 8:30 PM	LAP SWIM - 6 LANES 10:30 AM - 3:00 PM		SWIM LESSONS - 3 LANES 8:00 - 11:00 AM	LAP SWIM - 6 LANES 9:30A - 4:30 PM
	SWIM LESSONS - 4 LANES 3:00 - 5:30 PM		PRIVATE SWIM LESSONS - 3 LANES 3:00 - 5:00 PM		LAP SWIM - 6 LANES 10:00 AM - 3:00 PM	
	LAP SWIM - 2 LANES 3:00 - 5:30 PM		LAP SWIM - 3 LANES 3:00 - 5:00 PM		AQUA YOGA - 6 LANES W/ROBERT 3:30-4:00 PM	
	SWIM LESSONS - 6 LANES 5:30 - 6:30 PM		CORE & MORE W/BRENDA - 3 LANES 5:00 - 6:00 PM			
	LAP SWIM - 6 LANES 6:30 - 8:30 PM		SWIM LESSONS - 3 LANES 5:30 - 6:30 PM			
			LAP SWIM - 6 LANES 6:30 - 8:30 PM			

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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

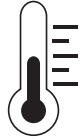
AVERAGE TEMPERATURES



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.