



WATERTOWN FAMILY YMCA AQUATIC CENTER ACTIVITY POOL & SPLASH PAD FEBRUARY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFAP ARTHRITIC AQUAFIT W/KATRINA 8:00-9:00 AM AQUAFIT W/BETH 9:15-10:15 AM SOCIAL VOLLEYBALL 10:30-11:30 AM AQUA TABATA W/LISA 4:45- 5:45 PM PRIVATE LESSONS 6:00-8:30 PM	FOREVER FIT W/JUDY 8:00 - 9:00 AM AQUA BARRE W/JUDY 9:00 - 9:30 AM SWIM LESSONS 3:00 - 5:00 PM AQUA BLAST W/MELISSA 5:00 - 5:45 PM SWIM LESSONS 5:50 - 6:20 PM	AFAP ARTHRITIC AQUAFIT W/BRENDA 8:00 - 9:00 AM WATER WALKING W/BRENDA 9:15 - 10:15 AM AQUA TABATA W/BRENDA 10:30 - 11:30 AM OPEN SWIM & SPLASH PAD 11:45 AM - 12:45 PM CLOSED FOR CLEANING 1:00 - 2:00 PM AQUA TABATA W/LISA 5:00 - 6:00 PM	FOREVER FIT W/JUDY 8:00 - 9:00 AM AQUA HIIT W/BRENDA 9:15 - 10:00 AM OPEN SWIM & SPLASH PAD 10:30 - 11:30 AM SWIM LESSONS 3:00 - 6:30 PM	AQUAFIT W/BETH 8:00 - 9:00 AM 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 - 10:45 AM OPEN SWIM & SPLASH PAD 11:00 - 1:45 PM BIRTHDAY PARTY 2:00 - 3:00 PM	WATER WALKING W/BRENDA 9:00 - 10:00 AM OPEN SWIM & SPLASH PAD 11:00- 1:45 PM BIRTHDAY PARTY 2:00 - 3:00 PM

AQUA YOGA DEMO
WEDNESDAY, FEBRUARY 12TH
7:00 - 7:30 AM



BIRTHDAY PARTY TIMES
SUBJECT TO AVAILABILITY

OPEN SWIM & SPLASH PAD

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

CLASS REQUIRES REGISTRATION AND FEE PRIOR TO ATTENDING

WINTER BREAK OPEN SWIM*
February 17th: 12:00-8:30 PM
February 18th: 10:00 AM-8:30 PM
February 19th: 2:30-8:30 PM
February 20th: 10:30 AM - 8:30 PM
February 21st: 1:00-8:30 PM
February 22nd: 9 AM - 1:45 PM
*** Aquatic Fitness Classes will be held in the Lap Pool**





WATERTOWN FAMILY YMCA AQUATIC CENTER

LAP POOL FEBRUARY SCHEDULE

MONDAY

LAP SWIM - 6 LANES
5:30 AM - 4:00 PM

PRIVATE SWIM
LESSONS - 3 LANES
4:00 - 6:00 PM

LAP SWIM - 3 LANES
4:00 - 6:00 PM

BLUE SHARKS
6 LANES
6:00 - 7:30 PM

TUESDAY

LAP SWIM - 6 LANES
5:30 - 9:00 AM

AQUA DANCE - 3 LANES
W/ KATRINA
9:30 - 10:30 AM

LAP SWIM - 3 LANES
9:30 - 10:30 AM

LAP SWIM - 6 LANES
10:30 AM - 3:00 PM

LAP SWIM - 2 LANES
3:00 - 5:30 PM

SWIM LESSONS - 3 LANES
5:00 - 6:30 PM

LAP SWIM - 3 LANES
6:00 - 6:30 PM

BLUE SHARKS
6 LANES
6:30 - 8:30 PM

WEDNESDAY

LAP SWIM - 6 LANES
5:30 AM - 1:00 PM

CLOSED FOR CLEANING
1:00 - 2:00 PM

LAP SWIM - 6 LANES
2:00 - 6:00 PM

BLUE SHARKS
6 LANES
6:00 - 7:30 PM

MASTERS SWIM
COACHED PRACTICE
6 LANES
7:30 - 8:30 PM

THURSDAY

LAP SWIM - 6 LANES
5:30 - 8:30 AM

AQUA DANCE
W/ KATRINA - 3 LANES
9:00 - 10:00 AM

LAP SWIM - 3 LANES
9:00 - 10:00 AM

LAP SWIM - 6 LANES
10:00 AM - 5:00 PM

AQUA CYCLE - 3 LANES
W/BEAR
5:00 - 5:45 PM

SWIM LESSONS - 3 LANES
5:30 - 6:30 PM

BLUE SHARKS
6 LANES
6:30 - 8:30 PM

FRIDAY

LAP SWIM - 6 LANES
5:30 AM - 6:00 PM

BLUE SHARKS
6 LANES
6:00 - 7:30 PM

SATURDAY

LAP SWIM - 6 LANES
6:30 - 7:00 AM

MASTERS SWIM
UNCOACHED PRACTICE
3 LANES
7:00 - 8:00 AM

LAP SWIM - 3 LANES
7:00 - 8:00 AM

SWIM LESSONS - 2 LANES
8:00 - 10:30 AM

LAP SWIM - 4 LANES
8:00 - 10:30 AM

LAP SWIM - 6 LANES
10:30 AM - 4:30 PM

SUNDAY

LAP SWIM - 3 LANES
8:30 - 9:30 AM

AQUA HITT
W/BRENDA - 3 LANES
8:30 - 9:00 AM

LAP SWIM - 6 LANES
9:30A - 4:30 PM

AQUA KICKBOXING DEMO
FRIDAY, FEBRUARY 28TH
5:00 - 5:30 PM

BLUE SHARKS SWIM TEAM PRACTICE
MONDAY - FRIDAY / 6 LANES

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

CLASS REQUIRES REGISTRATION
AND FEE PRIOR TO ATTENDING

For questions contact: Kristen Lawrence, Aquatics Director / klawrence@nnyymca.org / 315.755.2132

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

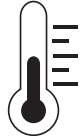
AVERAGE TEMPERATURES



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.