



# WATERTOWN FAMILY YMCA AQUATIC CENTER

## ACTIVITY POOL & SPLASH PAD JANUARY - FEBRUARY SCHEDULE

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

**AQUA YOGA DEMO**  
**WEDNESDAY 7:00 - 7:30 AM**  
**JANUARY 15TH & FEBRUARY 12TH**



**BIRTHDAY PARTY TIMES**  
**SUBJECT TO AVAILABILITY**

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

**CLASS REQUIRES REGISTRATION**  
**AND FEE PRIOR TO ATTENDING**

**OPEN SWIM & SPLASH PAD**



# WATERTOWN FAMILY YMCA AQUATIC CENTER

## LAP POOL JANUARY – 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 AM – 6:00 PM

BLUE SHARKS  
6 LANES  
6:00 – 8:30 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 – 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 – 8:30 PM

SATURDAY

LAP SWIM – 6 LANES  
6:30 – 7:00 AM

MASTERS SWIM – 4 LANES  
7:00 – 8:00 AM

LAP SWIM – 2 LANES  
7:00 – 8:00 AM

SWIM LESSONS – 4 LANES  
8:00 – 10:00 AM

LAP SWIM – 2 LANES  
8:00 – 10:00 AM

LAP SWIM – 6 LANES  
10:00 AM – 4:30 PM

SUNDAY

LAP SWIM – 3 LANES  
8:30 – 9:30 AM

AQUA HITT  
W/TOMMY – 3 LANES  
8:30 – 9:00 AM

LAP SWIM – 6 LANES  
9:30A – 4:30 PM

**AQUA JUMP DEMO**  
**FRIDAY, JANUARY 31ST**  
**5:00 – 5:30 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](mailto: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

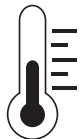
## AVERAGE TEMPERATURES



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.