



# WATERTOWN FAMILY YMCA AQUATIC CENTER

## ACTIVITY POOL & SPLASH PAD MARCH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AFAP ARTHRITIC AQUAFIT W/KATRINA</b> 8:00-9:00 AM  <b>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 BLAST W/MELISSA</b> 5:00 - 5:45 PM  <b>SWIM LESSONS</b> 5:50 - 6:20 PM	<b>AFAP ARTHRITIC AQUAFIT W/BRENDA</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>AQUAFIT W/BETH</b> 8:00 - 9:00 AM  <b>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 - 10:45 AM  <b>OPEN SWIM &amp; SPLASH PAD</b> 11:00 - 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> 11:00- 1:45 PM  <b>BIRTHDAY PARTY</b> 2:00 - 3:00 PM

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

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

**OPEN SWIM & SPLASH PAD**

For questions contact: Kristen Lawrence, Aquatics Director / [klawrence@nnyymca.org](mailto:klawrence@nnyymca.org) / 315.755.2132




**BIRTHDAY PARTY TIMES SUBJECT TO AVAILABILITY**



# WATERTOWN FAMILY YMCA AQUATIC CENTER

## LAP POOL MARCH 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 - 5:00 PM	LAP SWIM - 6 LANES 6:30 - 7:00 AM	LAP SWIM - 3 LANES 8:30 - 9:30 AM
PRIVATE SWIM LESSONS - 3 LANES 4:00 - 6:00 PM	AQUA DANCE - 3 LANES W/ KATRINA 9:30 - 10:30 AM	<b>CLOSED FOR CLEANING</b> 1:00 - 2:00 PM	AQUA DANCE W/ KATRINA - 3 LANES 9:00 - 10:00 AM	AQUA JUMP W/KRISTEN - 3 LANES 5:00 - 5:30 PM	MASTERS SWIM UNCOACHED PRACTICE 3 LANES 7:00 - 8:00 AM	AQUA HITT W/BRENDA - 3 LANES 8:30 - 9:00 AM
LAP SWIM - 3 LANES 4:00 - 6:00 PM	LAP SWIM - 3 LANES 9:30 - 10:30 AM	LAP SWIM - 6 LANES 2:00 - 6:00 PM	LAP SWIM - 3 LANES 9:00 - 10:00 AM	LAP SWIM - 3 LANES 5:00 - 5:30 PM	LAP SWIM - 3 LANES 7:00 - 8:00 AM	LAP SWIM - 6 LANES 9:30A - 4:30 PM
BLUE SHARKS 6 LANES 6:00 - 7:30 PM	LAP SWIM - 6 LANES 10:30 AM - 3:00 PM	BLUE SHARKS 6 LANES 6:00 - 7:30 PM	LAP SWIM - 6 LANES 10:00 AM - 5:00 PM	BLUE SHARKS 6 LANES 6:00 - 7:30 PM	SWIM LESSONS - 2 LANES 8:00 - 10:30 AM	
	LAP SWIM - 2 LANES 3:00 - 5:30 PM	MASTERS SWIM COACHED PRACTICE 6 LANES 7:30 - 8:30 PM	AQUA CYCLE - 3 LANES W/BEAR 5:00 - 5:45 PM		LAP SWIM - 4 LANES 8:00 - 10:30 AM	
	SWIM LESSONS - 3 LANES 5:00 - 6:30 PM		SWIM LESSONS - 3 LANES 5:30 - 6:30 PM		LAP SWIM - 6 LANES 10:30 AM - 4:30 PM	
	LAP SWIM - 3 LANES 6:00 - 6:30 PM		BLUE SHARKS 6 LANES 6:30 - 8:30 PM			
	BLUE SHARKS 6 LANES 6:30 - 8:30 PM					

Rotary  | Swimathon  
Watertown  
**Sunday, March 2nd 1:00- 3:00 PM**  
**LAP SWIM WILL NOT BE AVAILABLE**

BLUE SHARKS SWIM TEAM PRACTICE  
MONDAY - FRIDAY / 6 LANES

**Schedule subject to Change**  
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CLASS REQUIRES REGISTRATION  
AND FEE PRIOR TO ATTENDING

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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

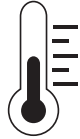
## AVERAGE TEMPERATURES



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.